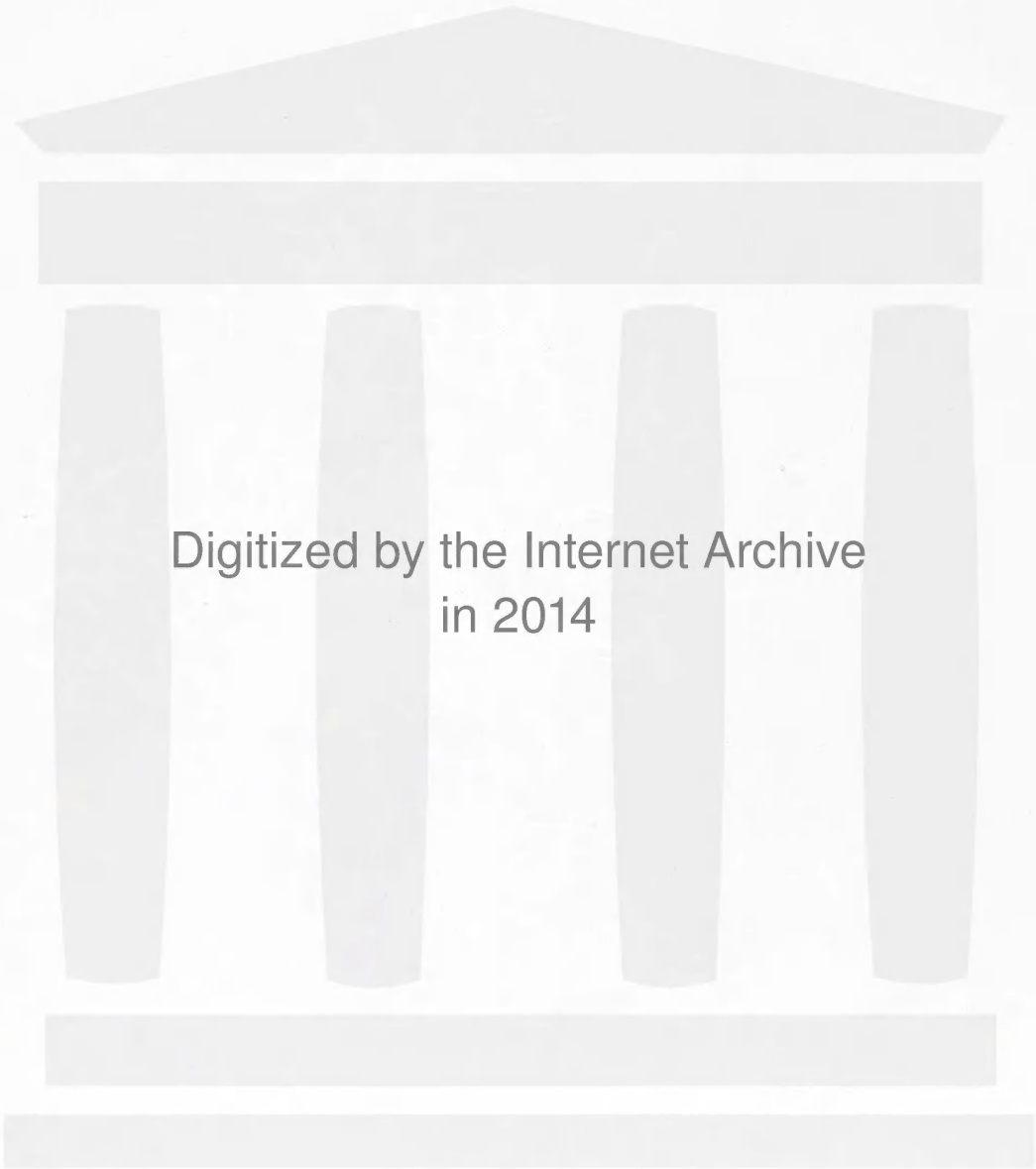
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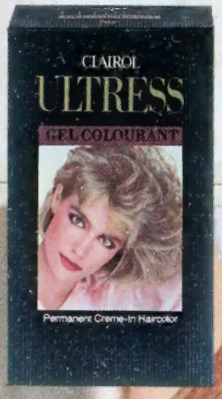
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LADIES' HOME Journal®

VOL. CVII NO. 1 JANUARY 1990

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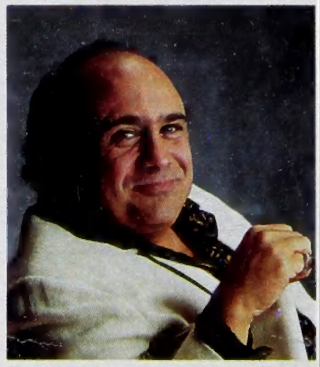
GETTING SET FOR THE NEW DECAD PAGE 66

16 • **A woman today**
"Disasters: tales from two cities." How do you dig out in the aftermath of a tragedy? Exclusive interviews with women who survived the San Francisco earthquake and Hurricane Hugo.

66 • **Voices of the decade**
Last year we chose five women with different backgrounds and lifestyles to follow to the end of the century. Here's how their lives have changed. *By Kathryn Casey*

89 • **Women and drugs: a special report**
The drug crisis reaches into every corner of society. Here are six dramatic stories of women whose lives were changed forever by this heartbreaking epidemic. *By Catherine Breslin*

94 • **The boy who beat the odds**
TJ Mathias was a happy-go-lucky ten-year-old—until he was thrown from his bike and his skull was severed from his spine. *By Edward J. Sylvester*



LITTLE BIG MAN PAGE 76

96 • **An undying love**
We all watched horrified last summer as terrorists released a tape said to show the execution of Marine Lieutenant Colonel William Higgins. For his wife, Robin, the agony is never-ending. *By Kathy Sprayberry Wood*

PERSONALITIES

76 • **What's hot: Danny DeVito**
He's made box-office news with his diabolical antics—but he's also a devoted husband and a doting dad. *By Michael J. Bandler*

COVER STORY

92 • **The best Bette yet**
She's had wild success with her zany comedic talents. Now she's shedding the manic mantle with her remake of the great melodrama *Stella Dallas*. *By Cliff Jahr*

BODY AND MIND

WINTER WELLNESS GUIDE

39 • **The best defense: understanding your immune system**
Find out how your body fights off disease, and how you can boost its germ-fighting power. *By Hal Straus*

44 • **Old diseases, new concerns**
A few diseases we thought were eradicated are making comebacks. Here's what you must know to protect your family. *By Devera Pine*

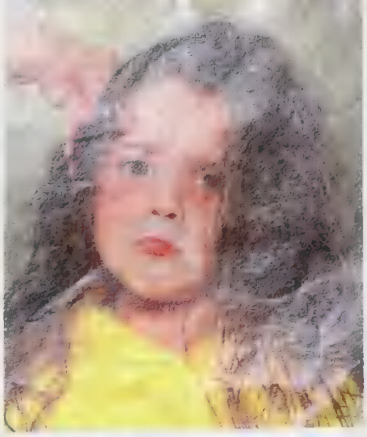
52 • **"I slipped on the ice . . ."**
Winter conditions mean broken bones. Don't become a casualty.
By Irene Nyborg-Andersen

Cover: photo of Midler, Greg Gorman; hair, Teddy Andolin; makeup, Eugenia Weston. DeVito, Randee St. Nicholas/Visages; Pearlman, Blake Little/Visages; Diana, Sygma. Photos, this page, from top: Charlie Nye/Gamma-Liaison, E. Adams/Sygma.

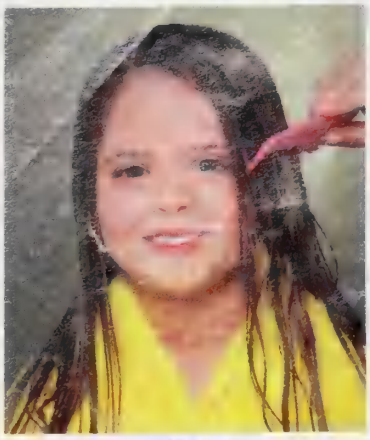

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58 • **The great astrology test**
Admit it: You always sneak a peek at your horoscope. Even if you don't believe in the stars, read this forecast and let us know if the astrologer's predictions come true.

84 • **Medinews**
Kids' health report: ouchless shots, safe car seats, and more. *By Sally Squires*



BABY-BOOMER BEAUTY
PAGE 102

BEAUTY

23 • **Beauty and fashion journal**
The Oil of Olay—*LHJ* "I look great for my age" contest; best- and worst-tressed celebs; caring for your winter clothes; and more.

102 • **All grown up**
Are you a member of the thirtysomething set? Look back and laugh at your former style faves, then update your image with tailored-to-you beauty, fitness and fashion tips. *By Lois Joy Johnson*



PIZZA? WE DELIVER!
PAGE 122

HOME

110 • **My healthy home**
For one Iowa woman, cleaning up the environment begins at home. Here's how she turned her house into a toxin-free retreat that's cozy and livable. *By Carolyn B. Noyes*

FOOD

121 • **Food journal**
What's cooking in January.

122 • **Easy as pie**
When the pizza man can't get through the ice and snow, we do. You can have great-tasting pizza on the table in thirty minutes with our speedy recipes.

128 • **The lower-your-cholesterol diet**
The *Journal* and a Stanford University research team helped one family (even the kids!) get heart smart. Find out how they lowered their cholesterol, and sample our two-week menu full of tasty recipes from their heart-healthy diet program.
By Jan Turner Hazard

144 • **Warm desserts for cold winter days**
Chase the chill away with Bread Pudding, Apple-Pear Brown Betty and more old-fashioned favorite comfort foods.

148 • **Inside the Journal kitchen**

148 • **Recipe index**

REGULAR FEATURES

8 • **Editor's journal**

10 • **Can this marriage be saved?**
"My husband doesn't want to make love " *By Margery D. Rosen*

36 • **Parents' journal**
Moms across the country tell what makes a good mother; and more.
By Mary Mohler and Margery D. Rosen

160 • **Last laughs**

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EDITOR'S JOURNAL

By Myrna Blyth



Resolutions for the decade

1990

AS THE EIGHTIES TURN INTO THE NINETIES, I ASKED *LHJ*'S FORWARD-LOOKING staff to give me their seasonal resolutions not only for next year but for the decade as well. Here's what they have to say: Entertainment Editor Jill Rachlin told me that by the end of the nineties, she'd like to have "a small farm, an English setter, a Clumber spaniel and a black Labrador retriever. A husband and kids might be nice, too," says Jill. Articles Associate Shana Aborn declared: "For the coming decade I resolve to shed a few pounds and a few fears, to spend money a little more frivolously and time a lot more wisely, and to care more concretely about our needy people and our needy planet." I thought these were resolutions we all might echo.

Psychology Editor Pam O'Brien resolves to "take a class in something creative, even if I'm not very good at it—like painting or drawing." Pam has the nineties nesting instinct, too. "I want to buy a big old house—maybe something that needs fixing up (although my husband might not be too thrilled about that!)." And Text Editor Nina Keilin says this is the decade she is really going to get her house organized. "Of course that might be hard," she acknowledges. "On second thought, maybe I'll try something easier, like reading *War and Peace*—in the original Russian."

A lot of our editors are still determined to be healthier—and thinner—in the next year. Articles Editor Jane Farrell says, "My resolution for the new year—to lose ten pounds. My resolution for the nineties—to keep them off," while Assistant Food Editor Lisa Brainerd wants "to become strong, physically and spiritually."

Books and Fiction Editor Mary Lou Mullen has a more encompassing resolution: "To live my life more *consciously*, so the year 2000 doesn't sneak up on me as suddenly as 1990 did." Assistant Food Editor Kathy Jackette is also conscious of time as the old decade turns into the new. She says, "I want to get the most out of each day. And I want to take some risks—enough to keep the spice in my life."

What are my resolutions? I find that I share a lot of the same feelings the *Journal*'s staff is having. Don't you? Yes, I resolve (sort of, kind of) to lose a few pounds. I resolve (absolutely, definitely) to make time for new interests—whether it's finding a volunteer activity that is meaningful to me or taking a course in an offbeat subject.

I also resolve to keep editing as well as I can—with the help of *LHJ*'s talented, terrific staff—a magazine that informs, entertains and inspires *you*. Happy new decade!

1999

READER CALL-IN DAY

This month it's Wednesday, January 3, from one to four P.M. Eastern time. Remember, the call's on you. At the phones: Health Editor Nelly Edmondson Gupta and a sex therapist, 212-351-3680; Associate Food Editor Susan Sarao, 212-351-3681; Associate Beauty and Fashion Editor Susan Parkes, 212-351-3682; Decorating Editor Lauren Payne, 212- 351-3683; Articles Editor Jane Farrell, 212-351-3684.

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CAN THIS MARRIAGE BE SAVED?

"My husband doesn't want to make love"



Liza tried everything to woo her husband—even greeting him at night in a skimpy robe. But David still shied away. Was a marriage without intimacy worth saving? By Margery D. Rosen

Introduced thirty-seven years ago, "Can this marriage be saved?" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of Evelyn Moschetta, D.S.W., and Paul Moschetta, D.S.W., a husband-and-wife counseling team based in New York City and Bay Shore, Long Island. The story reported here is true, although names and other details have been changed to conceal identities.

Liza's turn

"I COULD MEET DAVID AT the door wrapped in plastic wrap, and he wouldn't notice," said Liza, thirty-two, a stunning redhead who managed to laugh in spite of the seriousness of her statement. "That's how bad things have gotten in the five years of marriage.

"Not that they were ever great. I think I always sensed David didn't like me: When we were dating and I'd spend the weekend at his place, by Sunday he couldn't wait for me to disappear and leave him alone.

"You see, I could be in the same room with David while he's reading or working on one of his endless renovation projects, and he won't even see me, let alone hear when I talk to him. It makes me feel like a big zero, just like I used to feel around my parents.

"My folks were wealthy, and they gave me and my siblings—I have two older sisters and two younger brothers—a privileged life. We had riding and tennis lessons, live-in governesses, the whole bit. But my parents were emotionally uninvolved. To this day I don't feel like I know them as people. Mother was—still is—caught up in her own life.

"I wanted so badly to become a doctor, but my parents refused to pay for college. So I enrolled in a state school and got odd jobs to pay for everything myself. I managed that way for two years, but I didn't think I could possibly keep it up. So I switched to an undergraduate nursing program.

"I met David when I was twenty-five. He'd just gotten his master's in architecture and was working for a large firm in the city. He was best friends with Rob, this guy I had planned to marry.

"Anyway, David moved in with Rob so we saw a lot of each other. But Rob became involved with drugs, and the relationship was much too painful, so I ended it. That's when I sought out David. He'd also just broken up with a girl who had broken *his* heart.

"One night, toward the end of one of our marathon phone conversations—we *(continued)*

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CAN THIS MARRIAGE BE SAVED?

(continued) used to talk about the kind of person we dreamed of meeting—David got very quiet and said, 'Liza, I think I'm looking for you.'

"That was a turning point. Soon we were seeing each other regularly. But even then David was so remote. I'd want to talk to him or read him something from a book I was looking at, and he'd say, 'Read to yourself. Can't you see I'm busy?'

"Our sex life was pretty bad, too, and I used to wonder if we should go for therapy. David was simply not—is still not—interested in sex. My idea of romance is to climb into bed with a bottle of champagne and stay there for a week; David doesn't understand that.



"Is it too much to expect that my husband talk to me in the evening, maybe give me a kiss?" asked Liza

"Still, after about a year or so of mostly seeing each other on weekends, I wanted to get married. David, of course, never mentioned the subject. So I gave him an ultimatum—marry me or call it quits. I guess that made him nervous. Anyway, we had a small romantic wedding at an inn upstate.

"But getting married didn't help as I thought it might. David was still very cold. He's not a hand-holder, not a toucher. What makes it all the more difficult is that I know David can be loving. He's the most affectionate and devoted father to Jessie, our two-year-old. So why can't he be a devoted husband, too?

"Tell me, is it too much to expect that my husband talk to me in the evening when he comes home from work, maybe give me a kiss and want to make love? I can't tell you the last time we had sex. It's clear David doesn't enjoy it when we do. Is he bored? Is he having an affair? "When that happens, I feel so rejected and unattractive. I try to tell him what's on my mind, but David does everything to avoid a fight.

"Look, I'm tired, too, at the end of the day. I love my job, and the more hours I work, the more money I make. David's the same way. He wants to earn more money and become a partner in the firm. We both wanted to buy and renovate this house, to go on nice vacations. But when I'm home, I'm home.

"What astonishes me is that David will tell you he's perfectly happy. He always makes me feel as though I'm crazy to feel the way I do. You know how I got him to come here? I told him, 'Look, you've got to change. Either you figure it out, or I'm leaving. Period.' "

David's turn

"It's amazing. Liza has absolutely no idea that she's a bitch on wheels," said David, thirty-four, a handsome six-footer with sun-streaked brown hair. "She constantly criticizes everything I do—from how I fix the bathroom tiles to how I make love.

"I know I'm not perfect, but this person Liza is talking about, this guy who is never there and doesn't care, well, it's just not me. And frankly, yes, I'd much rather spend my time with Jessie. It's a lot more pleasant than being with Liza.

"God forbid I forget the smallest detail of something we discussed earlier in the week. Liza attacks.

"But, you know, if Liza was really as mad at me as she's saying she is now, how come she never tells me? I never have any idea that she's unhappy about something until days later, when she suddenly blows up. And when she gets going, forget any kind of civilized discussion. I don't stand a chance. She is *vicious*.

"Liza keeps bringing up this stuff about hugging and hand-holding. I don't know what she's talking about. I love her, I've told her that—what does she want from me?

"Unlike Liza, I was pretty happy growing up, though my parents were very strict. You didn't talk to Dad; he ran his dry-cleaning business, and he was The Boss. Mother worked full-time as a dental hygienist, so I could understand that at the end of the day they wouldn't want my younger sister and me hanging around. They'd feed us in the kitchen, then take their plates to the dining room and close the door. They needed some time to themselves.

"We didn't talk a lot in my house, but then again, I don't remember having any real problems that I needed to talk to my folks about. I did well in school, had lots of friends. If I ever did anything my parents didn't approve of, they wouldn't yell or scream, but you always knew.

"Liza says that even in the beginning of our relationship, I was always remote. That's not fair. Liza was my best friend's girlfriend, and though I was flattered that she was attracted to me, I felt damn uncomfortable. In my mind she was off-limits.

"When I finally discovered that Rob didn't care about his relationship with Liza continuing, I loosened up. But she's right that I wanted her to go home at the end of the weekend. Liza smothered me. She still does.

"She says I ignore her when we're home together, but what she doesn't realize is that I get totally immersed in anything that I do—whether I'm at the office or home fixing the bathroom—to the point that I don't notice what's going on around me. It doesn't mean I don't love her.

"Same with our sex life. It's not that I don't like sex or don't want to make love, but Liza's timing is lousy. When I get home from work, I need to slip into neutral for a while. So if she greets me in a flimsy robe and has candles lit all around, that's very nice, but it's just not going to generate the kind of response she wants right then and there. I'm not bored, and I am not having an affair.

"But I'll tell you this: It's not easy making love to someone who finds fault with everything I do. I know I'm never going to please her in or out of bed, so why try?

"Clearly she thinks I'm a failure when it comes to my work. She keeps pushing me to ask for more money, to go for that big promotion. Liza has much higher expectations than I do about the kind of lifestyle she wants to lead. I'm not saying *(continued)*

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(continued) I don't want these creature comforts. But she has visions of grandeur that go far beyond anything I think we ever need.

"Look, I don't want to split up. I know something's wrong, though I have no idea what to do about it. And I'll tell you this: All these problems are not solely my fault. I resent Liza blaming me for everything. I don't need fixing like a broken toaster oven."

The counselors' turn

"This is really a story of intimacy and anger," said the counselors. "Liza, ignored by her unhappy, uninterested mother and workaholic father, lost in the middle of five siblings, was largely on her own as a child. An earthy, physical woman with a high capacity for intimacy, she desperately needed to feel important, to be loved and nurtured. But she fell in love with David, a man who had never learned to get in touch with his feelings, who, in fact, was afraid to get too close to anyone. Liza's disappointment that David could not respond to her in the way she expected turned to anger and bitchiness, which further pushed her husband away.



"It's not that I don't like sex or that I don't want to make love," said David, "but Liza's timing is lousy."

"Though Liza clearly felt a lack of intimacy in her relationship, though she was highly articulate and though she thought she'd told David how she felt, until they began counseling, she had never specifically expressed her wishes and needs to him. Instead, she would focus on material goods because these were things she felt more comfortable asking for. (In spite of the fact that Liza came from a wealthy background, she had never really had money of her own to spend; now she often found herself going overboard, mistakenly thinking she had to own something in order to be happy.)

"As a result, David was always afraid he'd never meet any of Liza's expectations or that his responses would never be on target. Rather than fail, he chose not to respond at all—in as well as out of bed. And so the cycle continued: Liza tried everything to get David's attention—including coming to the door in sexy lingerie.

"When they first came for counseling, Liza was furious, David quiet but tense. We sensed he was terrified she was going to leave him.

"Though we legitimized Liza's feelings—she did have a right to expect her husband to be affectionate and loving—we told her point-blank that the way she went about achieving her goals was inappropriate. For weeks Liza failed to see that her bitchiness was perpetuating David's withdrawal. During one session, when David was trying to express how badly he felt when Liza screamed at him, she turned to face him on the couch and practically jumped on him and started shouting. David involuntarily pulled back. At that point we stopped the conversation: Did she realize, we asked, the terrible effect her words and her physical pushiness had on her husband? That session was a turning point for Liza. She started to really understand that you can't demand love, that you have to be loving to get love.

"Liza had to learn, too, that David might at times be upset about work or something unrelated to her, and if he appeared distant, she should not automatically assume he doesn't love her.

"It took David a long time to admit that his family life was anything less than perfect. But as he spoke, we recognized right away that he had grown up in a household devoid of intimacy on two levels: a symbolic one in which the parents would never include the children in any daily activities (having them eat dinner by themselves in the kitchen, for instance) as well as a real one: David acknowledged that he never once recalled seeing his parents hold hands or kiss. He also didn't remember being picked up and hugged as a child. 'Dad wanted me to be tough, to be a man,' he recalled ruefully.

"David had to learn first how to recognize his feelings and then how to speak up and challenge Liza when he felt she was wrong. This was difficult for him: 'I'm scared she'll leave,' he admitted at one point. 'I feel like I'm hanging by a thread.' But as Liza learned to curb her outbursts, David felt more comfortable opening up, and though he sometimes falls back into his old ways and tunes her out, he, too, has started to catch himself in the act.

"To help him maintain a better balance between office and home we suggested he build transition time into his schedule. 'On the train coming home I try not to think about the problems of work. Now I just sit and stare out the window and sort of vegetate so when I walk in the door I'm really there,' David said.

"As the overall tension eased and as David and Liza became more naturally affectionate, their sex life improved, too. We suggested at this point that they make an intimacy pact: If Liza had initiated sex one time, then David had to do it the next time. And if they go for more than eight days without having sex, they have to sit and discuss why. 'That worked great,' Liza reported. 'Now David doesn't have to worry. He just knows it's his turn!'

"Finally, we talked about the importance of building small moments of intimacy into their daily lives, something many long-married couples, especially those with two jobs and small children, often forget. Holding hands when they walk around the mall on a shopping trip, doing errands together instead of running off in opposite directions, can make a difference.

"Liza and David ended counseling after a year and a half, but they call periodically to touch base. 'We both realized something else,' David said the last time we spoke: 'No job, no fancy clothes or boat is worth not being close with your family. I'm in the midst of this huge project at work, and I'm going to see it through. But we've both agreed we're going to scale back. Now we know what's important.' " ■

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Disasters: tales from two cities



Hurricane Hugo wreaked havoc in Charleston (above) and destroyed Sandra's home

CHARLESTON: COMING THROUGH THE HURRICANE

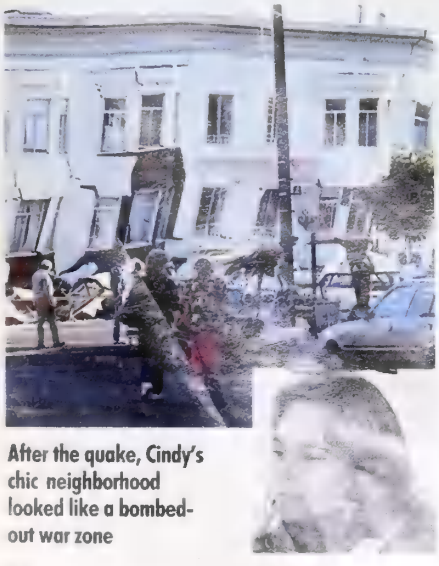
BY SANDRA RHODES

As the fierce winds howled outside and the rain pounded on the windows, I held my three children and prayed that we would be all right. It was hard to believe that only one day earlier I hadn't taken the reports of Hurricane Hugo seriously. Now, like the rest of the people of Charleston, my family was fearing for our lives.

It was on Monday, September 18, three days before the storm actually hit, that the weather forecasters started warning us that Hugo was headed toward town. I knew that the storm had caused terrible destruction in the Caribbean, but I refused to worry. After all, South Carolina hadn't had a major hurricane in thirty years.

But as Hugo's predicted arrival date grew closer, beachfront *(continued on page 18)*

In the space of just one month, both the East and West coasts were ravaged by natural catastrophes. Here, the stories of two stalwart women and how they survived the devastation



After the quake, Cindy's chic neighborhood looked like a bombed-out war zone

SAN FRANCISCO: SHAKEN BUT UNDEFEATED

BY CINDY HAMPTON

By now, most of you have probably seen pictures of the devastation in San Francisco and surrounding areas from the earthquake last fall. At least sixty-five people were killed and three thousand eighty-nine were injured. My own Marina district neighborhood suffered heavy damage from the tremors. Houses collapsed, leaving scores of people homeless. A huge inferno, possibly caused by a broken gas line, raged through the night of October 17, shooting flames fifty feet into the air and destroying most of one block.

Most of us had lived through earthquakes before, but none of us had any idea quite how bad this one would be.

Just before the tremors started at 5:04 P.M. that day, I was in the middle of an interview with a mother *(continued on page 20)*

Photos, from top: Joanna Pinneo/Black Star, Grant Compton/Black Star, Luana George/Black Star, Mary Carroll/Santa Rosa Press Democrat.

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CHARLESTON

continued

areas were evacuated. Still, I couldn't believe that the hurricane would affect my family. We had a beautiful new two-story riverfront home twenty miles from Charleston, and I wasn't about to desert it during the storm. Besides, I never thought that we would be in danger.

My main concern was for my husband's shrimp boat. His shrimping revenues are our main source of income, and we'd be lost if anything happened to his trawler.

The night before Hugo struck, my husband, George ("Sonny"), told me he was going to go out the next morning and move the boat to a concrete dock up the river. I knew that it would be dangerous to be near the water during the storm, and I begged him to be careful. But Sonny was more concerned for me and the kids. "You can't stay in this house. It's too dangerous," he said.

I protested, but Sonny was insistent. Reluctantly, I arranged to take my mother and our children—Vincent, twenty-three, Wade, seventeen, and Dorcas, fifteen—to my sister's house in Florence, a hundred miles inland. Then we prepared the house for the storm, putting tape on the windows to keep them from shattering.

Just before we left the morning of September 21, I ran back into th house for a final prayer. Our hon looked so solid on its concrete pillars surely God will protect it, I thought.

We got to my sister's house by noo long before the storm hit. By that ev ning, the winds had risen to 135 mil per hour; the roar was nearly deafe ing. I've always been able to sen where Sonny is and if he's all righ but at noon that day, I lost that ment contact with him. I was terrifie knowing that something must ha happened to him out on the water.

Toward midnight, the power we off in my sister's home. The sudde darkness coupled with the ragi storm was truly frightening. The ch dren were already in bed, but I want them near me, so we woke them u and brought them into the living roo Minutes later, we heard a huge cras A tree had fallen across the roof, d rectly above the room where the bo had been sleeping. I thanked God th I had moved the kids just in time.

The next morning, the storm ha stopped, and we were relieved to s that my sister's house was still stan ing. But I was desperate to try to fi Sonny. The roads, however, were pra tically impassable because of the tre that had toppled onto them. Luckil many of the drivers had chain saw and Wade and Vincent helped cut th trees up and move them. But what w normally an eighty-minute drive to us six and a half hours to complete.

Along the way, I ran into a frie who had heard that eight shrimp boa had been sunk the day before. I w beside myself with panic, but I knew couldn't fall apart in front of the kid My fears were doubled when we reach the dock and saw that Sonny's bo was missing. My eyes filled with tear

Just when I thought I couldn't tak the uncertainty any longer, a cousin ours approached us. "Where's Sonny I cried. "The boat's gone, Sandra," h replied, "but Sonny's all right."

We finally found Sonny as we hea ed back down the highway; he'd ma aged to walk to my mother's house an was driving her car. We all ran up him, laughing and crying, and he him as though we'd never let him go

Later Sonny told me that he and h fellow shrimpers had barely made through the storm. They had tied the boats to the concrete pilings of the u river dock and managed to stay aboa until the eye of the hurricane passe but when the winds started up agai they knew they had to find shelter.

When the boats swung close enoug to the dock, the shrimpers jumped o wrapping their legs around the p ings. Within seconds, all the shrim trawlers were swept away.



The men clung to the dock for nearly hree hours, battered by the gales and ain. They finally managed to inch heir way up to the top of the dock, hen crawled on their stomachs along he slippery boards until they reached building at the end of the pier.

When daylight came, Sonny walked ack to our house; it took him three ours just to maneuver down our two-nile road, which was lined with dead elicans and gulls and uprooted hun-lred-year-old trees. "The house has uffered a lot of damage," Sonny told ne. "But it's still standing."

It wasn't until four days after the urricane struck that I felt ready to ace seeing our home for the first time. lthough Sonny had warned me what o expect, I was shocked. The side of he house facing the water had been ardest hit: One of the concrete pilings ad toppled over and the porch was lmost completely gone. Floorboards ere torn off and dangling, and two indows were nothing but holes.

Our den's French doors had been ucked out, and the contents had lown completely away—only our pi-no was left, balanced precariously on wo sagging planks. The pipes and air-onditioning unit were ripped out. Dirt overed the floor of the kitchen. Out-ide, bedsheets were twined in tree ranches, photographs were warped nd unrecognizable, and hundreds of its of glass and pottery were scat-ered. Incredibly, the top floor, where ll our bedrooms are, was untouched. n subsequent visits, we realized fully ow much we had lost—antiques, crapbooks, heirlooms, mementos.

Devastated as we were, some of our eighbors were far worse off: Fifty omes in that area were wiped out—ncluding the house next door.

We're all now living in Vincent's wo-bedroom apartment—he's a medi-al student in a nearby town—until ur house is repaired. Vincent insists ve stay here as long as we need to. Our contractor and architect hope we an move back in a few months.

In the meantime we're trying to get ur lives back to normal. Sonny's boat as rescued from a muddy bank three eeks after the hurricane and is being epaired. However, the whole incident as started him thinking about get-ing out of the shrimping business and ossibly finding a more lucrative and table boating job.

As for me, I own a small retail uni-orm shop, and business is very good; nany of my customers say they want ew clothes to go along with the fresh tart they're making. Dorcas's high chool reopened fairly soon, but Wade's rivate school was severely damaged nd took longer to *(continued)*

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CHARLESTON
continued

reopen. Fortunately, he'll be able to finish his senior year on time.

We're also in the process of getting reimbursed for our damages—$125,000 in all. Our insurance will pay for the destruction to the house, but we couldn't afford insurance on the boat, so we've applied to the Federal Emergency Management Agency (FEMA) for a disaster loan.

Still, no amount of money can repair the psychological damage that Hugo wreaked. I'll never forget the feelings of loss and displacement, even after we've moved back home. Sonny says he can still hear the roaring of the wind when he goes to sleep; I get nervous when I hear even a small breeze outside. Dorcas couldn't bring herself to visit our house for weeks.

I remind myself, however, that you have to keep finding the good in a situation like this. We've been helping other victims of the hurricane at our church's relief center. Seeing all those people who lost everything they owned made me realize how much we have to be thankful for. Hugo may have turned our lives upside down, but we still have each other. And that's the most important thing of all. ■

SAN FRANCISCO
continued from page 16

who wanted to enroll her child in the small home day-care center I've run for thirteen years. I was also watching two small babies; my nineteen-year-old helper, Katie, had taken six other children, including my four-year-old son, Mako, to a nearby park.

Suddenly, I felt the floor start to roll, as if we were standing on the deck of a ship, and my first-floor apartment began to shake. Because I'd lived in California all my life, I knew instantly what the vibrations meant—and that we all had to take shelter. "Help me with the babies," I told the mother I was interviewing. We picked up little Mack and Samantha and quickly placed them on the floor underneath the table. Seconds later, a lamp crashed to the floor and my video camera fell off the shelf. The mother said frantically, "I've got to get out of here!"

Almost before I could crouch under the table, the shaking stopped; it had lasted only fifteen seconds. I picked up Mack and Samantha and hurried outside. I was afraid there might be an aftershock, and I knew we'd be safer out in the open.

In my backyard, the first thing I noticed were small cracks in the earth and on my patio. I'd never seen any thing like it before. "Oh, my God, loo at *my* patio," my next-door neighbo cried. I stared in amazement: The cor crete had completely buckled.

I fought back a feeling of panic as thought about Katie, Mako and m five day-care charges, as well as m nine-year-old daughter, Angel, and m five-year-old nephew, Kenny, wh were still at school.

But a few minutes later, Katie hu ried into the backyard with the kid None of them was panicked. "I have t get Angel and Kenny from school," told Katie, handing her the babie "Stay in the yard with the kids whe it's safe. Their parents will be here an minute to pick them up."

I jumped in my car and headed to ward the elementary school. I wa stunned to see that the Marina distric looked like a war zone. Sidewalks ha buckled, roads had cracked and hug chunks of stone had fallen off build ings. The streets were jammed wit cars, and all the traffic signals wer out.

When I finally reached the school, rushed inside. Both kids were safe, bu Angel was crying. "Come on, honey," said. "Crying's only going to make yo feel worse. Take a deep breath."

As the three of us drove over the hi

ear our neighborhood, I saw flames oaring into the sky; the fire had con-umed an entire three-story apartment uilding. The huge blaze was only a ew blocks from my apartment.

When I got home, I found a note rom Katie saying that she and Mako ad gone home with the family of ne of our day-care kids; we nould meet her there. From the eighbors, I learned that we had no lectricity, gas or water.

As Angel, Kenny and I drove toward ne family's home, I saw houses that ad collapsed like houses of cards. Oh, ny God, I thought, that could've been ne and the kids!

The McCabe family invited us to pend the night so we wouldn't be lone. Although they had no utilities ither, they did have a transistor ra-io. I learned on the news that the arthquake had measured 6.9 on the ichter scale (it was later upgraded to .1). Then I heard a more chilling re-ort: More than a mile of Interstate 80 in Oakland had collapsed; hun-reds were feared dead. My sister Jan-ne, Kenny's mother, drove that tretch of highway every day. She ould have been on it when the quake truck.

I hope Janine is okay, I thought. rantically, I tried calling her house, ut there was no answer. I knew I had keep my fear under control for the ids' sake.

When Kenny asked me about his nother, I simply told him that I would ake care of him until she got back. he thought that my sister might be ead was too much for me to handle. ly father, a doctor, had died of a heart ttack while playing tennis when I as thirteen, and my mother had died x years later. I'm divorced, and I ouldn't bear to lose Janine, too.

The next morning I went home, hop-ng for some word from Janine. A iend had left a note on my door say-ng my sister was safe but had been nable to get home last night. A little hile later Janine arrived. "I'm so lad to see you!" I cried, hugging her.

Since the water, gas and electricity till weren't working in our house, we ecided to check on Janine's apart-ent, two miles away; amazingly, was completely undamaged. That ight, all five of us camped out in her ne-bedroom place.

The next day, the kids and I re-rned to our neighborhood. But the hole area was cordoned off. "No one es past here," a police officer told me.

"Why?" I asked him.

"You need a pass to get in your ouse," he said. "Go down to the Ma-na Middle School to see if you can et one." He told us that every home in our neighborhood was being inspected for damage. Then residents would get color-coded passes: Green meant you could move back, yellow signified you could enter for several minutes to salvage belongings, and red meant the building was considered unsafe.

Angel started to cry. "It's my home," she sobbed. "I want to go back there."

When we got to the school, hundreds of residents were in line. After three hours, I was given a yellow pass and told I could go inside my home for fifteen minutes. But I couldn't move back until an engineer had inspected it further.

I found cracks at least four to five feet long in the sheet rock, both inside and outside my house. I wondered if I was about to lose both my home and my place of work. Sadly, I packed up clothes, photographs, toys and the presents I'd bought for Angel's birthday. But we were very fortunate: Six days after the earthquake, we learned that we could go back.

It's good to be home again, even though as I'm writing this we still have no gas, which means we have no hot water, no heat, and no oven or stove. The gas lines might not be repaired for as long as four months.

Not only that, I've been unable to reopen my day-care center. Many of the parents are afraid to bring their kids into the Marina district at all for fear the buildings are too dangerous. Now, we're living off our savings.

Still, I know that my family—and the entire Bay area—was lucky. The death toll could have been much worse. The rescue of Buck Helm, who spent nearly four days under the wreckage of Interstate 880, was a miracle.

Even though the experts predict that another, bigger earthquake will someday hit San Francisco, I'm not planning to move. This city—and this neighborhood—is my home. ■

HOW YOU CAN HELP

The American Red Cross is currently trying to raise an estimated $62 million—its largest relief fund ever—to help the victims of Hurricane Hugo, the San Francisco–region earthquake, and other disaster-stricken areas. The agency provides food, shelter and other necessities.

Those wishing to contribute money or volunteer services can contact their local chapter of the Red Cross or send them a check made out to American Red Cross Disaster Relief Fund.



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BEAUTY & FASHION JOURNAL

Our best-kept secrets to help you start the new year in great style

Melanie Griffith



Jane Pauley



Jane Seymour



● "Melanie's cut is all wrong. She needs more hair on her forehead and longer sides to balance her wide jaw and high forehead." ● "What a strange haircut! I'd love to redo Jane Pauley's hair—I'd *blend* the top and sides with layering." ● "I know Jane Seymour loves her long hair, but she would look superb in a face-framing chin-length cut."

Candice Bergen



● "Candice is a classy woman who has very fine hair—and so many women with fine hair are afraid to cut it. I'd like to see a shorter cut with a sexy nape."

HOLLYWOOD hair rating the stars

We asked superstar hairdresser John Sahag of the John Sahag Salon in New York City (whose clients include Brooke Shields and Farrah Fawcett) whether celebs' hairdos are a cut above

● "Diana is a beauty, but her hair looks too *done*. I'd shape it so the cut is straighter, with more ease of movement." ● "Being the least chic of the royals, Fergie needs help. Her bangs are too short. She should also have the sides layered and bring a bit of it toward her face. The color, however, is gorgeous, and I'd keep the length—it suits her character." ● "Glenn's short hair looks quite beautiful, but the sides are too severe—they need to be softer, more playful."

Princess Di



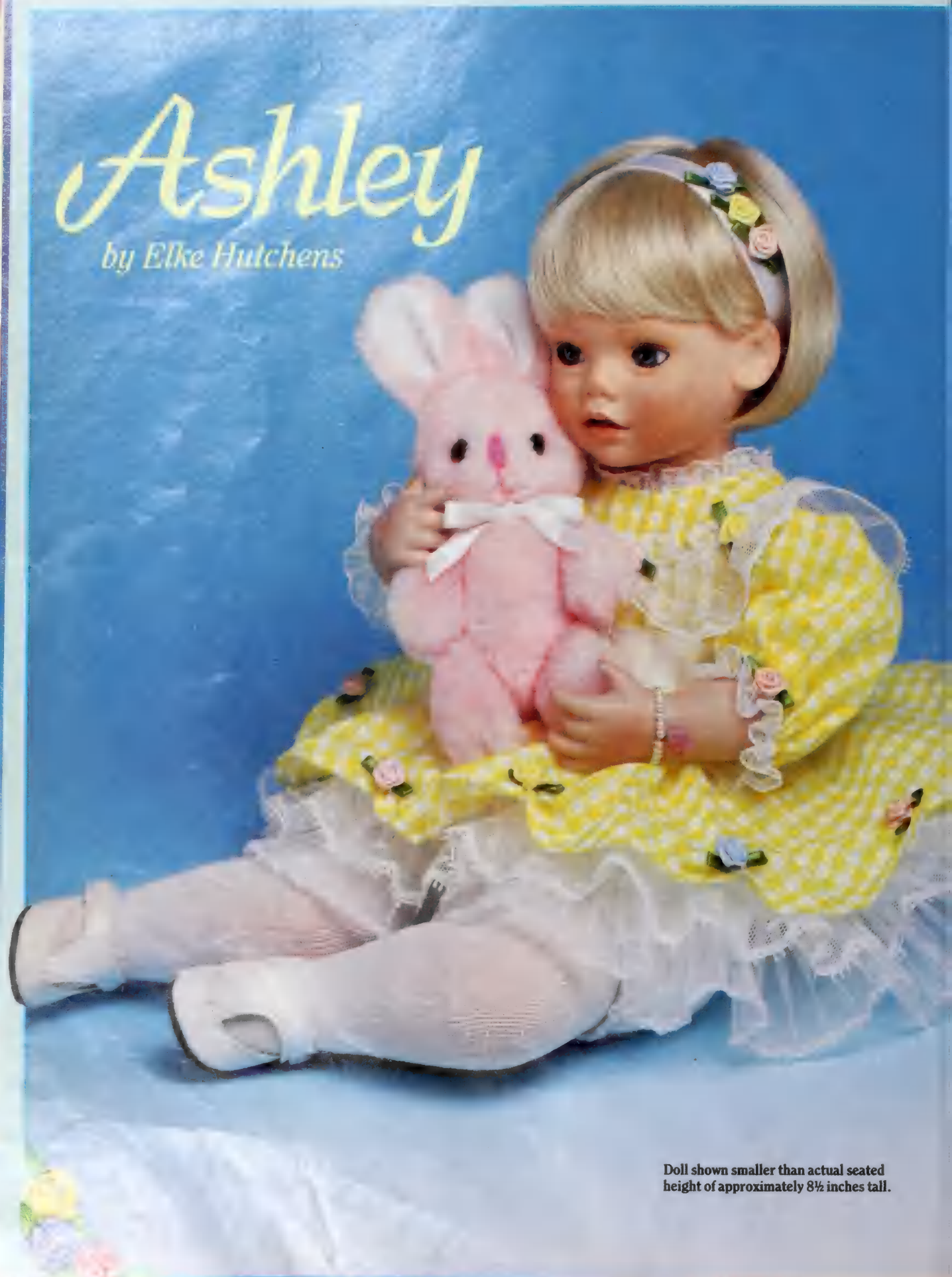
Fergie



Glenn Close



Photos, top: Jeff Slocomb/Outline; Brian Quigley/Outline; F. Meylan/Sygma; middle: Jeff Slocomb/Outline. Bottom: Outline; T. Graham/Sygma; Geoffrey Croft/Outline.



Doll shown smaller than actual seated height of approximately 8½ inches tall.

"We're looking for people to write children's books"

By Alvin Tresselt, *Dean of Faculty*

"Writing for children is the perfect way to begin," says the author of 53 children's books. "Your ideas come right out of your own experience. And while it's still a challenge, it's the straightest possible line between you and publication—if you're qualified to seek the success this rewarding field offers."

IF YOU WANT TO WRITE and get published, I can't think of a better way to o it than writing books and ories for children and teen-gers. Ideas flow naturally right out f your own life. And while it's still a nallenge, the odds of getting that rst unforgettable check from a venile publisher are better than ey are from just about any other nd of publisher I know.

Later on, you may get other checks om other publishers. But right now, e object is to begin, to break into print, learn the feeling of writing and selling our work and seeing your name in type. fter that, you can decide if you want your riting to take another direction.

But after 30 years of editing, publishing, nd teaching (and 53 books of my own) I n tell you this: You'll go a long way before ou discover anything as rewarding as riting for children.

Your words will never sound as sweet they do from the lips of a child reading our books and stories. And the joy of eating books and stories that truly reach oung people is an experience you'll never ave anywhere else.

The soaring children's market

ut, that's not all. The financial rewards o far beyond most people's expectations ecause there's a surprisingly big market ut there for writers who are trained to tap

More than $1 *billion* worth of children's ooks are purchased annually and more an 300 of the 500 publishers of books lated to children welcome manuscripts. nd over 400 magazines rely on freelancers fill their issues.

Yet two big questions bedevil nearly very would-be writer... "Am I really ualified?" and "How can I get started?"

"Am I really qualified?"

his is our definition of a "qualified person": s someone with an aptitude for writing ho can take constructive criticism, learn om it, and turn it into a professional per-rmance. That's the only kind of person e're looking for. The reasons are simple: ur reputation is built on success and if rospective students don't have the apti-de it takes, we probably can't help them. nd we tell them so; it's only fair.



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"The thing that gives me the most satisfaction," writes Brandy S. Wells, Greensboro, MD, "is the idea that my story will be read by 150,000 Sunday school children—my dream come true."

Marilyn Day, Marissa, IL says, "I am no longer a housewife. I am a *writer*!"

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Bring on the NIGHT

The key to Irene's party-perfect look: soft, pretty shades of rose that accent her fair skin but don't overpower her fine features. Black coin jacket, Adrienne Vittadini; pearl bracelet and earrings, Les Bernard.



For nighttime sophistication, Rex plays up Jan's natural good looks by keeping her skin matte and applying hint-of-tint earth tones. Silk blouse and jacket, Liz Claiborne; earrings, Les Bernard; triple-strand pearls, Monet; pearl necklace and chains, Miriam Haskell.



Linda's after-dark dazzle depends mainly on warm neutral shades of honey and taupe, and soft subtle lines to complement her complexion's golden undertones. Red wool beaded sweater, Anne Klein; gold earrings and cuff, Hans Appenzeller.

STILL UNSURE ABOUT YOUR NIGHTTIME ALLURE? REX'S EASY ROUTINE FOR AFTER-FIVE REVIVAL WILL WORK FOR EVERYONE ● Remove makeup with a cleanser-soaked cotton pad. Leave eye makeup as is. ● Sponge on a light foundation. Follow with loose transparent powder. ● Fake a sunny glow with a touch of bronzing powder (try Revlon's Microgems Solid Bronzing Powder). ● Emphasize eyes with liner—our faves: Penultimate by Ultima II and Estée Lauder's Signature Automatic Pencil. Add two thin coats of mascara, and groom brows with a fixer like Maybelline's Brow and Lash Groomer. ● Color lips with a rich shade of berry or tawny neutral.

All photos, Nesti Mendoza; makeup, Rex; hair, Stephane Lempire. Details, page 126

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Caring for winter clothes

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Shopping the sales

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Model, Donna Eller, IMG; hair, Hubert Cartier of Jean Louis David; makeup, Rex. Details, page 126.

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OIL OF OLAY/LHJ "I look great for my age" contest



Photos, top: Mary Ellen Mark/Visages; Globe Photos; Norcia/Outline. Bottom: Gerard Somoza/Outline; Claude Mougin/Sygma; Brian Quigley/Outline.

Don't these celebs look terrific these days? If you do, too, enter our contest by January 31, 1990. Just fill out the entry form at right, telling us why you look great for your age and your most important skin-care tip. Submit it with a box tab with the universal product code from any Oil of Olay product and two current color photos—one full-length and one head-and-shoulders shot. There are fabulous prizes for five semifinalists and five finalists; the grand-prize winner will receive a walk-on part on a popular CBS soap opera, a one-year family membership to a local health club or spa, or cash equivalent up to $5,000! For official rules, turn to page 138.

OIL OF OLAY/LHJ "I look great for my age" contest Entry form

Fill out this form according to the official rules on page 138.

■ I look great for my age because (fifty words or less) _____

_____

_____

_____

■ My most important skin-care tip is (twenty-five words or less) _____

_____

■ **ENCLOSED ARE: Two current color photographs (no more than sixty days old), one full-length, one head-and-shoulders only**

Name _____

Street address _____

City _____ State _____ Zip _____

Phone number _____

Date of birth/Present age _____

Height _____ Weight _____

Eye color _____ Hair color _____

(please print clearly)

ALSO INCLUDE:

A box tab with universal product code from any Oil of Olay skin-care product. (See rules for states that are excluded.)

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■ NOTE: ALL ENTRIES MUST BE RECEIVED BY JANUARY 31, 1990

PARENTS' JOURNAL

By Mary Mohler and Margery D. Rosen

A GUIDE TO CHILD REARING IN THE NINETIES

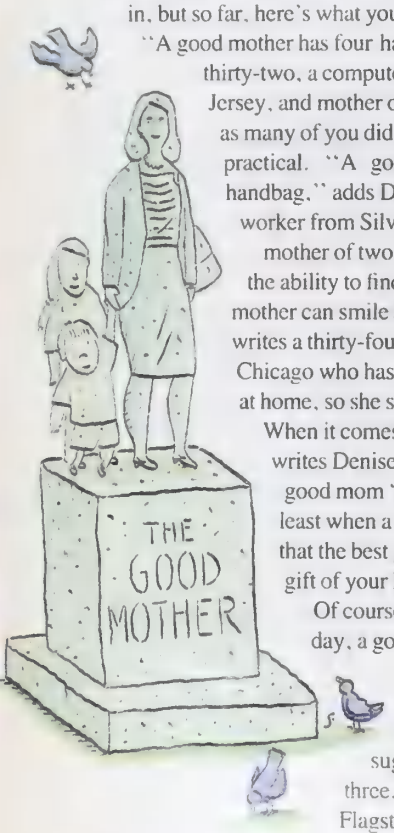
Peter Spacek

The good mother

By Penny Colman

Every January we take a few minutes to reflect on how we'll do things differently in the year ahead. For many of us, the most important, most bottom-line promise we make is to be a better mother. Yet the promise that seems so simple is often the hardest to keep.

What makes a good mother? While society puts mothers on pedestals and so-called experts place impossible burdens on their shoulders, *LHJ* readers, whom we asked a few issues back, have clear, realistic opinions on the business of mothering. In fact, we've discovered that few issues strike such a strong chord with American women as this one does. The letters are still coming in, but so far, here's what you've told us:



"A good mother has four hands," notes Janet Montalbano, thirty-two, a computer trainer in Bogota, New Jersey, and mother of three, wryly underscoring, as many of you did, a mother's need to be practical. "A good mother carries a large handbag," adds Doris Stelle, forty-four, a social worker from Silver Spring, Maryland, and mother of two teenagers. And let us not forget the ability to find strength in adversity: "A good mother can smile after only two hours of sleep," writes a thirty-four-year-old homemaker from Chicago who has a four-year-old and a newborn at home, so she should know.

When it comes to romance with her husband, writes Denise Turner, of Twin Falls, Idaho, a good mom "keeps her expectations low, at least when a baby comes. But she remembers that the best gift she can give to her kids is the gift of your love for each other."

Of course, to better make it through the day, a good mother must hone her diplomatic skills: "She must temper discipline with kindness and redirection with advice," suggests Deanna Dilaconi, thirty-three, a registered nurse from Flagstaff, Arizona, and mother of two school-age kids. Most important, counsels Carol Bodian, fifty, a statistician from Englewood, New Jersey, with three grown children: "She's there when she's needed, out of the way when she's not—and able to recognize the difference."

True enough, but as many noted, a good mother must also possess the patience of a saint: "She resists the temptation to yell when they come in covered with mud and grass stains, because deep down she knows the clothes are washable and the joys of childhood play too precious," says Joann Vita, forty, a homemaker in Mahwah, New Jersey, and mother of one.

Still, when good intentions go awry, a good mother is not afraid to say she was wrong: "She must be confident enough to make mistakes and realistic enough to know that everything can't be one hundred percent perfect," notes a thirty-four-year-old personnel coordinator with two kids from Miami.

She must also swallow her pride from time to time and learn from her disappointments: "A good mother accepts the fact that her children may not necessarily turn out as she had planned," adds mother of five Nancy Dalrymple Sutton, fifty, from Basking Ridge, New Jersey.

To be sure, a requisite for this job is a keen sense of humor and the ridiculous. Advises Janice Nicodemus, forty-three, of St. Paul: "A good mother laughs at the following joke—which is funny only to those under the age of five—even though she's heard it twenty-two times. Knock-knock. Who's there? Banana. Banana who? Banana Pinocchio!" She no doubt speaks from experience as a preschool teacher and mother of one.

And she must be able to glean magic and joy from the ordinary: "A good mother celebrates their special moments, however small," says Carmella Douds, thirty-seven, from Walkersville, Maryland, a director of religious education and mother of seven, all under the age of twelve. "She points out the flat rock in the woods where fairies dance in the moonlight," adds Mary Lou Erickson, homemaker, sixty-seven, mother of three grown children, from Ramsey, New Jersey.

And finally, as Barbara Tysh, thirty-nine, a registered nurse and mother of two from River Edge, New Jersey, writes: "A good mother tells her kids she loves them."

Maybe it's not so hard after all.

SOMEONE TO LISTEN TO

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Winter wellness guide

To help everyone in your house stay healthy throughout this cold-weather season, experts from the American Academy of Family Physicians offer plenty of sound advice. Here's everything you need to know about boosting your immune system and protecting yourself from common winter ailments



Sally Shenk Ullman

It happens every winter: Our bodies are so busy fending off colds and flu that other ills can sneak right past our defenses. But doctors have learned a lot lately about our immune systems—and beginning on this page we tell you how to keep yours in tip-top shape. And, for those days when you and your cold are *not* huddled in bed, some timely advice on how to avoid injuring yourself during winter sports and activities (page 52).

The best defense: understanding your immune system

BY HAL STRAUS

Some people always seem to be saddled with the flu or a cold, while others never even sniffle. An up-to-the-minute, must-read report on how your body fights off illness—and how you can boost your immunity

Immunity promises to become to the nineties what aerobics was to the seventies and cholesterol was to the eighties—the new wellness buzzword. As food and drug companies and would-be healers ply their trades, everything from zinc to meditation to marathoning is being touted as an immunity booster.

But what exactly are they trying to boost? The immune system—a vast network composed of trillions of specialized blood cells—has two basic functions: first, to recognize potentially harmful invading germs, and second, to respond protectively.

When the invaders are bacteria, the immune system—aided by antibiotics—is usually well prepared. Bacteria either float freely in *(continued)*

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BRAND TISSUE
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These days, everything from marathoning to zinc is being touted as an immunity booster. But which ones *really* work?

(continued) the bloodstream or hook onto the surface membrane of body tissues or organs. As a bacterium tries to reproduce, drugs such as penicillin perforate the bacterial cell wall. As a result, the bacterium virtually explodes, and special immune-system cells called macrophages clean up the debris.

But viruses are tougher to beat—antibiotics don't work against them. Thus, certain other aspects of the immune system assume a greater role than they do in fighting bacteria.

Unlike bacteria, which mostly remain outside cells, viruses invade individual cells. A flu virus, for example, begins its assault by fusing with and then penetrating a healthy cell. Once inside, the virus can transform a healthy cell into a miniature virus factory, reprogramming it so it will manufacture thousands more viruses. Soon bloated, the host cell bursts, unleashing a new generation to infiltrate other cells.

Left unchecked, the viral onslaught can eventually cause death.

But in healthy bodies, the intruders soon encounter macrophages, which gobble up germs like Pac Men and signal defensive T and B cells to join the fray. When victory is finally achieved, you are essentially immune to that specific virus. If the same virus should attack again in the future, the immune system will reach full force immediately. Invaders are defeated before they do any damage, done in by antibodies, proteins made by the B cell that bind to a specific virus and signal special cells to move in for the kill.

How can you help your immune system? Chronic stress, anxiety, depression and grief all trigger the brain to release hormones and chemicals called neuropeptides, which seem to hamper certain immune-system cells, but the most recent evidence suggests that a balanced diet, regular, moderate exercise and stress reduction can be beneficial. However, as doctors are beginning to find out, if you go overboard in any of these areas, you may wind up *more* susceptible to illness than before.

BOOSTER IN A BOTTLE?

lutritional supplements are a case in point. recent years, researchers have been lling scientific journals with news of the mmunological effects of nutrients such as tamins A, C, E and D and the minerals on, zinc, copper and selenium. They have ound, in general, that deficiencies can eaken immunological responses.

But excesses of these nutrients can lead the same unhappy result. Consider zinc: hough zinc is involved in many enzyme eactions that activate the immune system, king megadoses can backfire. That, say ientists, is because ingesting too much nc can actually suppress the immune re- onse. In one recent study by Canadian searchers, 300 mg of zinc per day (a opular megadose equal to twenty times SRDA) actually suppressed the potency immune cells in a group of healthy men.

Iron is another good example. People ith iron deficiencies seem to get more fections, especially in the respiratory act, but megadoses (30 mg to 200 mg) for ose who are not anemic are questionable, not downright dangerous. They can play avoc with the digestive system and may even lead to a condition called hemochromatosis—iron deposits in liver, joints and skin. What's more, for reasons scientists don't yet fully understand, excess iron intake has been shown to actually inhibit the absorption of zinc.

The most alarming news about excess iron comes from the National Cancer Institute, where researchers found that people who store excessive amounts of iron have a greater risk of developing cancer. True, no definitive link has been found between cancer and any nutrient or diet variable, but the results of these studies are alarming enough to warrant caution. While eating iron-rich foods such as red meat and leafy vegetables is undoubtedly smart, it's a good idea to check with your doctor before taking high-dose iron supplements.

Other nutrients follow a similar pattern. Deficiencies of vitamin A (which the body makes out of beta carotene, found in yellow and dark-green vegetables) and selenium increase the risk of infections: Excesses of A in pill form impair immune response and are toxic; too much selenium can also be toxic.

Supplements of the old standby vitamin C are usually not dangerous, but they could be worthless. Though some studies show that C lessens a cold's severity, there is still no solid scientific evidence that it actually *prevents* colds or flus, despite the enthusiastic claims of Nobel laureate Linus Pauling.

In a word, moderation is the advice for those seeking immunity through nutrition. Evaluate your diet to assure proper amounts of essential nutrients, according to your age, gender and specific medical condition. And proper, in most cases, means amounts specified by the RDA. Although a balanced diet should provide adequate nutrition, if you feel you need insurance, try a multiple vitamin/mineral supplement pegged at about 100 percent of RDA levels. Megadoses of individual nutrients should be administered only under strict medical supervision.

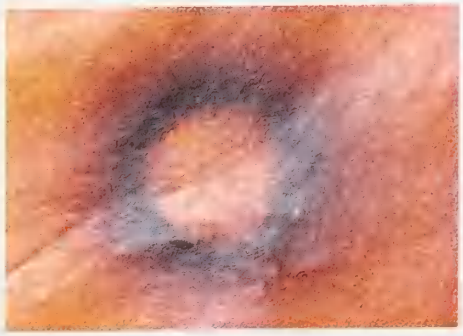
COLDS AND FLU

They're ba-a-a-ck! That's right, those devilish cold germs that hibernated for half the year are once again striking with a vengeance. Most winter colds are caused by rhinoviruses (*rhino* is the Greek word for nose), and until medical science *(continued)*



(continued) finally finds vaccines against the hundred now-known rhinovirus germs—and the untold numbers of mutants that could develop—you can't really coldproof yourself or your family.

Still, there are some precautions you can take to lower the odds of catching a cold. And if you do become infected, eating a balanced diet, exercising moderately and minimizing stress can help you recover more quickly.



This virus above, greatly magnified, causes upper-respiratory-tract infection. Because they invade individual cells inside the body, viruses are tough opponents

WHY WINTER?

Mom was right; many doctors believe you *can* raise your risk of contracting a cold if you become chilled. The immune system's effectiveness is also somewhat reduced when we exercise less and have more limited access to a wide range of fresh fruits and vegetables.

But the main reason colds and flu pounce more often during the chilly months has less to do with the fact that it's cold outside than with the crowding and contagion factor *inside*. "In winter, we close everything up tight, and people are together indoors more," says Deborah Allen, M.D., ch man of the department of family medic at the Indiana University School of Me cine. "Germs are spread more easily wh there's little ventilation."

Although no one yet knows for s exactly how colds are spread, many r searchers now favor something called e aerosol transmission theory: You inh someone else's germ-bearing sneeze dr lets, and the nasty microbes enter y system. Transmission may also occur wh you touch germ-laden surfaces and then p your eyes and nose.

WHO'S AT RISK?

Age and sex help determine a person's od of becoming infected; unfortunately, in s case we're the weaker sex: Women t more colds than men, probably beca they have more contact with childr whose undeveloped immune systems d erratic hygiene make them prime targ for germs. As we get older, we're l susceptible to winter illnesses, because e posure to a variety of germs confers imm nity over time.



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FLU BUGS: TAKING YOUR BEST SHOT

he flu can be deadly, killing some two housand Americans each year; senior citiens and people with chronic lung or heart isease are especially vulnerable. Should ou visit the doctor for flu shots? It deends—on your age, and on which of the arious influenza viruses is making the ounds.

While you can get vaccinated against ertain strains—and many people, includg the elderly and those with chronic ulmonary or cardiovascular disorders, ould be especially wise to do so—the ypical Type A/B flu vaccine will not necesarily protect you from the new strains that ppear every year. "But just because you ad bad luck one year doesn't mean you houldn't get vaccinated the next," says harles Aswad, M.D., a family physician om Binghamton, New York. An added centive: People who are vaccinated may lso rebuff more colds. This, explains Asad, is because an immune system that's ot battling flu has more strength to wield gainst other microbes.

WINNING THE COLD WAR

To help you weather the sneezing season, here are some tips:

- **Wash your hands well and often. "Some preventive measures are so obvious, they are often overlooked," says Aswad. "Doorknobs, silverware, money—everything is infested."**
- **Make sure each family member has his or her own soap, towel, toothbrush holder, and such, especially when a family member is sick.**
- **Stay away from crowded rooms. And if you're contagious, be considerate; try to avoid jammed buses and elevators.**
- **Wear a surgical mask when you or someone in your family has a cold. This may sound extreme, but people do it all the time in other countries.**
- **Installing humidifiers may also help your odds, since moist air enhances your nasal defenses against germs. Remember to clean humidifiers regularly, however, or you may inadvertently nurture and spread the very germs you wish to destroy.**
- **Don't smoke or stay in smoky rooms. "There is no question that smoking weakens the respiratory system," says Aswad. "And there is overwhelming evidence that children of smokers get sick much more often."**
- **If you do get sick, stay in bed and get plenty of rest. This age-old remedy may sound shopworn, but it's still sound. If you have a viral infection and don't slow down, it can lead to myocarditis (inflammation of the heart) or irregular heart rhythms. When you return to work too early, you not only can damage your health, but also spread your cold to others. It's only a myth that you're most contagious before your symptoms appear. You are most contagious when you are transmitting the most—sneezing and coughing.**
- **Use medicine properly. Antibiotics don't work against viruses, which are the cause of colds and flu. And over-the-counter remedies—cough syrups, antihistamines, decongestants—may relieve symptoms, but they won't cure you. Indeed, prolonged overuse of nose sprays can have a kickback effect, making your nose stuffier. Adults can reduce fever with aspirin or acetaminophen; children should be given only the latter, since aspirin has been linked to Reye Syndrome, a brain and liver disease.**

Hal Straus is a free-lance writer based in Albany, California.



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Old diseases, new concerns

BY DEVERA PINE

Modern medicine has conquered many diseases, but a few of them seem to be making a comeback. Surprising news about illnesses that are on the rise . . . again

Hugh Upton, M.D., a family physician in Mountain View, California, tells of one thirty-year-old man with a case of strep throat that went untreated. Over several months the patient suffered from an on-and-off sore throat, but he didn't feel sick enough to visit his doctor. Then he suddenly developed a chronic fever, and his hands and feet started to swell. Before he knew it, he was in the hospital with a kidney inflammation, blood in his urine and seizures. Fortunately, after several months of treatment with antibiotics and other drugs, Upton's patient made a complete recovery.

Others, however, have not been so lucky. Experts say that a potentially deadly form of strep is making the rounds, leaving in its wake not only damaged kidneys and hearts, but also two diseases most of us thought had been brought firmly under control: rheumatic and scarlet fevers. Reports of the increasing occurrence of these diseases have been trickling in from across the nation:

- According to the *New England Journal of Medicine*, twenty cases of group-A strep—and six deaths—occurred in the Rocky Mountain area between mid-1984 and 1988; many doctors believe this shows that strep is on the rise.
- Outbreaks of acute rheumatic fever have been reported in recent years in Pennsylvania, California, Ohio, Missouri and Utah.
- In light of reports of a potentially more virulent form of strep, the Centers for Disease Control (CDC) are considering establishing a surveillance system to monitor the incidence of strep nationwide.

Although doctors aren't really sure why these illnesses are becoming more destructive, some doctors are willing to speculate on the matter. "We may be seeing a variation in the strain of strep," says A. Earl Mgebroff, M.D., clinical associate professor of family practice at the University of Texas at San Antonio.

Some doctors further theorize that the germ associated with the lethal scarlet fever of the nineteenth century may be making a reappearance.

Nor are these the only illnesses making a comeback: Measles and rubella are also resurfacing years after they were supposed to have been beaten by widespread immunization. And certain forms of meningitis continue to pose a threat, because they are so contagious. Below, a guide to how you and your family can avoid falling prey.



Measles and rubella are resurfacing among children and adults—years after they were believed to have been beaten by immunization

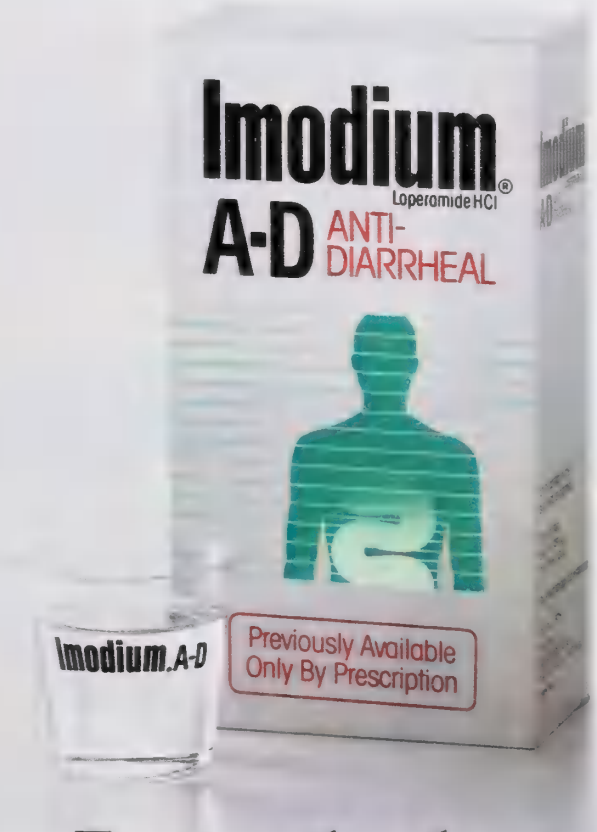
STREP INFECTIONS

The bacteria responsible for strep, group A beta hemolytic streptococcus, can infect the nose, skin, bloodstream or throat. A case of streptococcal pharyngitis is usually heralded by chills, a fever as high as 104 degrees F., and a sore throat, which your doctor will treat with penicillin or other antibiotics. Usually, patients who receive treatment recover without complications. However, the danger is that today's virulent strep releases toxins into the body that can attack vital organs like the kidneys and heart.

Scarlet fever is associated with a fierce red rash, according to Dudley Phillips, M.D., a family physician in Darlington, Maryland. It seems to occur more frequently following infection with the more virulent types of strep.

Rheumatic fever is a *(continued)*

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It can make your first attack of diarrhea your last.

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Strep can affect the nose, skin or bloodstream, but the throat is the most common spot. The new danger: Apparently more virulent strep releases toxins that can seriously damage vital organs, including the heart and kidneys, and can lead to death

(continued) delayed complication of a strep infection marked by joints that are swollen, red, and hot to the touch. It can affect people of all ages. In some cases, the strep germs infect the mitral valve in the heart, causing scar tissue to form so the valve can no longer function properly. As a result, blood leaks back through the valve in the wrong direction, causing a heart murmur or even congestive heart failure. Treatment can include antibiotics, anti-inflammatory drugs and, later on, if scarring inhibits blood flow, surgery to repair the valve.

Another serious complication of a strep infection is glomerulonephritis, a kidney disorder, which can lead to permanent kidney damage unless quickly treated with penicillin and steroids.

Prompt diagnosis followed by appropriate treatment is crucial because strep bugs have the potential to cause full-blown complications so quickly. There have even been several reports of children who got a sore throat and a fever and were dead within two days, according to Mgebroff. He advises anyone with a significant sore throat, especially with a high fever or swollen glands, to see a doctor promptly. Using one of the new strep identification tests, physicians can quickly check for strep throat and prescribe antibiotics if necessary.

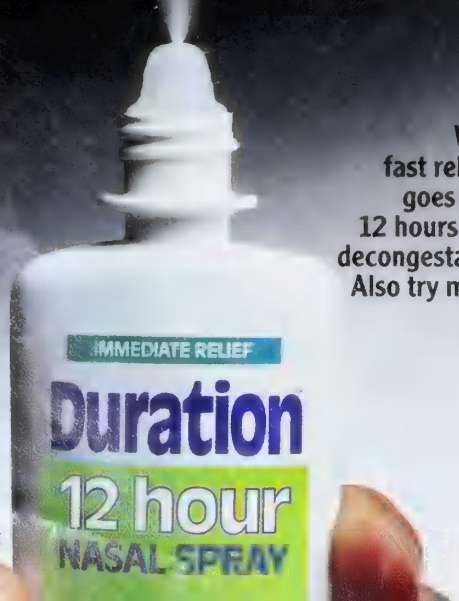
MEASLES AND RUBELLA

A vaccine against measles became available twenty-seven years ago, and health officials had hoped that proper immunization would eliminate the disease by 1982. Last year, however, the incidence of measles rose drastically, with 11,609 cases reported across the country as of September 30, 1989. This reflects an increase of nearly 400 percent over 1988. Ten people died, and in twenty other cases, measles is being investigated as the cause of death. Meanwhile, the reported incidence of rubella, or German measles, increased from 287 in 1988 to 357 by the end of September 1989.

Why the recent outbreaks? "People tend to forget immunizations," says Upton. The problem is severe: Centers for Disease Control estimates that in some urban *(continued*

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Biophoto Assoc./Photoresearchers

Rubella symptoms may include a red rash, a runny nose, a cough, a sore, scratchy throat and a low fever

(continued) areas, over half the preschoolers have never been inoculated against measles. Adults are also at risk: Last year, at least seventy-one college campuses were affected by outbreaks of the disease.

Measles, caused by a virus, is transmitted via nasal or throat secretions—by sneezing and sharing eating utensils, for example. Infection results in a high fever, red rash, hacking cough, sensitivity to light, and white blisters in the mouth. It generally runs its course in seven to ten days, and your doctor will prescribe no more than bed rest and a pain reliever like acetaminophen. Though the disease is not usually considered life-threatening, in some cases—more commonly in adults and infants under age one—it can result in potentially deadly complications such as pneumonia or encephalitis.

Fortunately, if you had measles as a child, you're immune for life. The CDC says children should be immunized at fifteen months and again before entering school. A child who got her shot at twelve to fourteen months will need a second one: Immunization at that e age is now not thought to be satis tory. Virtually all adults born be 1957 are immune; if you're at high for exposure—you work with childre in a health-care facility, for examp you might need reimmunization.

Unlike measles, rubella—which is caused by a virus and transmitted secretions—is very mild and lasts on few days. Symptoms are a red r runny nose, cough, red eyes, a throat and a temperature of about degrees F. Rubella in a pregnant w an, however, can be very danger since an infected fetus can suffer b defects such as deafness, blindness, cardiac and neurological problems.

Infection with the rubella virus con lifelong immunity. Children should ceive a shot at fifteen months an second dose at school entry, along their measles and mumps vaccination you haven't had the disease, you sh consider being vaccinated; if you planning on having a child, you sh get the shot several months before try to conceive. Whether *(contin*



ntinued) or not you need a shot de-
ds on the level of antibodies to the
s in your bloodstream. (Your doctor
give you a blood test.)

ENINGITIS

ry year somewhere a terrifying out-
ak of meningitis occurs—often
ng children in a day-care center or
ol. What's fearsome, of course, is
untreated, some kinds of meningitis
e brain damage or death.
eningitis is not a true "comeback
ase," since the rate of occurrence
ut seventy thousand cases annually)
remained steady during the past
ade. But because it is so contagious,
a highly visible risk. Meningitis is an
ction of the meninges, the mem-
es that surround the brain and spi-
cord. This can be caused by bacte-
viruses and, more rarely, a fungus.
ction usually begins in the respira-
tract and spreads to the central
ous system via the bloodstream.
he classic symptom of meningitis is a
neck, accompanied by fever and headache. Other signs include irritability, sleepiness, lethargy, nausea and vomiting.

Bacterial and fungal meningitis must be treated immediately to prevent brain damage. Bacterial meningitis is most contagious, and most worrisome. It's transmitted through oral contact, such as sharing food or kissing, so it's easy to see why kids—who often eat and drink from the same plate or cup—are prime targets. Children are usually stricken by the Haemophilus influenzae bacterium, adults by meningococcus bacteria. The CDC estimates that some twenty thousand people contract bacterial meningitis annually; of these, as many as 25 percent die.

Viral meningitis is almost always caused by an entero virus; flu or herpes viruses cause the remaining cases. The CDC estimates that there are as many as fifty thousand cases of viral meningitis in the U.S. each year, but virtually everyone recovers.

In order to definitively diagnose meningitis, doctors must draw out some spinal fluid and examine it under a microscope. Bacterial meningitis is treated by antibiotics, fungal meningitis with antifungal medication, and viral meningitis by bed rest, fluids and medication for fever. When antibiotics are given immediately for bacterial conditions, improvement generally occurs in seventy-two hours; complete recovery can take up to three weeks. Many cases of meningitis can be prevented by taking the same precautions you take against colds and other winter illnesses (page 41).

Also, have children vaccinated with the Haemophilus influenzae vaccine. This shot is usually given to children at eighteen months along with the diphtheria-tetanus-pertussis (DTP) and polio boosters. Finally, if you or your children have been exposed to meningococcal meningitis, ask your doctor about rifampin, an antibiotic generally used to treat tuberculosis. This drug can prevent this type of meningitis in people who've already been exposed.

Devera Pine is a New York–based writer with a special interest in medicine and health.

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"I slipped on the ice..."

BY IRENE NYBORG-ANDERSEN

In the winter, even walking can be hazardous to your health. Here's everything you need to know about sprains, fractures and breaks—how they happen and how they heal



The most common winter injuries include sprains and broken bones from falling on ice

Anyone who has tried to drive a car on icy roads knows that you need to allow extra time to drive slowly and safely. But whenever there's ice and snow on the ground, walking requires almost as much care.

"If we have a big ice storm, I know that I'm going to see two, three, four people who were injured just walking to the mailbox to get their paper," says Michael Fleming, M.D., a family physician and clinical associate professor of family medicine at Louisiana State University in Shreveport. "No one ever thinks of the sidewalk being slippery."

In fact, sprains and broken bones from falling on the ice are among the most common winter injuries. Most frequently, younger people tend to hurt a wrist or elbow, because they try to break a fall with their arm. The elderly, whose reflexes are slower, are much more likely to break a hip—with potentially deadly results. Below, a guide to the winter sprains and fractures doctors see most often.

MOST COMMON INJURY SPOTS: WRISTS, ELBOWS

A Colles' fracture is a break in the radius and the ulna, the two bones in the forearm that join the wrist. A simple, non-displaced wrist fracture—one where a bone is cracked in one place but not broken apart, and the joint is still well aligned—will usually be immobilized with only a splint. Once the swelling goes down, in a few days, your doctor can determine whether the fracture is bad enough to need a cast. If there is a serious misalignment, the arm will need to be manipulated under anesthesia and then put in a cast. In adults, broken wrists usually heal in six to eight weeks; in children it takes less time—three to five weeks—because they tend to have healthier bones and better blood flow.

A navicular (scaphoid) fracture is a break in an area of the hand called the snuff box, a depression that forms on the inside of your wrist when you flex your thumb. Although fractures in this area are fairly common the bone is so small that people sometimes don't realize they've broken it. Failure to have the wrist set and cast promptly, however, can result in a non-union—a break that won't heal. This can lead to a loss of wrist motion and even to arthritis. Non-union can also cause the painful entrapment of a nerve between two bone fragments. Surgery is then needed to rejoin the bone.

"Navicular fractures are very treacherous," says Charles Aswad, M.D., a family physician in Binghamton, New York. "Persistent pain and inflammation in the wrist should *not* be ignored."

Simple elbow fractures, also common in winter, are usually treated with a splint that holds the elbow bent at ninety degrees. Again, if the joint is dislocated—as tends to be the case among older people whose elbows take the brunt of a fall—surgery is needed.

Sprains in the wrist or elbow—injury to the ligaments, tendons or muscles around a joint—will at first be treated with an ice pack to reduce swelling. The doctor will either wrap the joint in an elastic bandage or put it in a splint for a few days and, after removing the bandage or splint, ask the *(continued)*



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(continued) patient to start moving it as soon as possible.

If an injury in a joint is not treated promptly and properly, it can become chronically unstable and prone to re-injury. Moreover, any break around a joint may cause some irregularity in the cartilage around the bones, and that increases the likelihood of stiffness, possibly some limitation of movement, or even arthritis in that spot later on in life.



Children who are supervised while skating, sledding or skiing are much less likely to get hurt

To minimize the potential for such problems, doctors today have their patients start moving a joint sooner than they used to.

"In the past it's been common to immobilize a joint for a long period, but now we feel that once things are stable the best thing to do is to move it as early as possible to prevent stiffness," says Edward Anglin, M.D., an orthopedic surgeon in Shreveport, Louisiana. Because of this shift in treatment approach, doctors walk a tightrope between keeping a joint still so that it heals and starting movement quickly to avoid stiffness.

OTHER SPOTS TO WATCH OUT FOR

HEAD Any blow to the head that cau loss of consciousness, impairment of sion, dizziness, headaches or vomit should be evaluated promptly by a d tor. Those symptoms can be an indi tion of a *subdural hematoma*—a coll tion of blood between brain and skull which puts pressure on the bra This often mandates surgery similar that which former President Reagan derwent last September after he fell a horse: a burrhole, a tiny opening, made in the skull, through which blood is aspirated.

NECK AND BACK Landing hard in a sitt position can result in a *compression fr ture*, where some of the vertebrae in spine get crunched together. This is injury doctors often see in elderly peo following a fall or in children who fallen off their sleds at high speed. minor compression usually heals w a period of rest, although a serious bre of this type may require a brace

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d the person in a natural posture. Young-
s who complain of severe backaches after
ll should be checked by a doctor immedi-
y because their vertebrae heal fast and
fuse incorrectly, causing a severe mis-
nment of the spine.
A compression can have catastrophic
sequences if a displaced bone injures
spinal cord. While most compressions
't pinch the spinal cord, it is possible
bone fragments to displace into the
al canal and injure nerve roots, lead-
to partial or complete loss of use of
limbs. Particularly dangerous is a
pression in the neck, and anyone who
severe pain in that area should seek
mpt medical attention.

LBONE A break in the tailbone, or
cyx, can occur when a person takes a
tfall on the ice. It's extremely painful,
there is not much a doctor can do
ept prescribe painkillers and have the
ient take pressure off by sitting on
ething soft until the injury heals—usu-
in four to six weeks. If pain contin-
anti-inflammatories can be prescribed,
if that fails, the coccyx may be injected with cortisone. In extremely severe cases, the tailbone is removed.

HIPS Eighty-four percent of hip fractures occur in people over the age of sixty-five. Osteoporosis, a gradual thinning and loss of bone tissue that affects primarily postmenopausal women, is largely responsible. Females, in fact, are three times as likely as males to break a hip after a fall. The National Institute on Aging (NIA) estimates that within one year, one fifth of people who break their hips die from complications following surgery or concurrent heart and lung problems; another fifth lose the ability to walk.

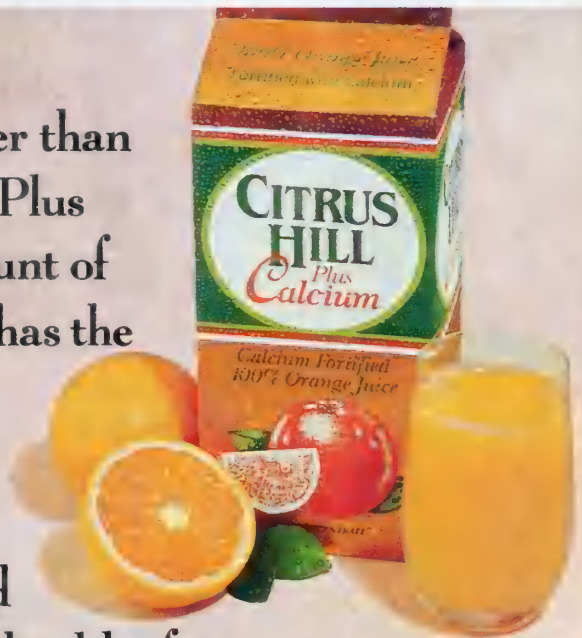
Depending on where the hip is broken and how severe the fracture is, the patient will undergo a hip pinning—bolts, plates or screws are used to hold the bone together—or a hip replacement, where the shattered bone is removed and replaced by a metal and plastic prosthesis.

Early mobility is particularly important after this operation, because the elderly are likely to have chronic heart and lung ailments, which increase the chances of complications and even death during the sedentary period following surgery. In fact, most people who undergo hip operations are encouraged to start walking the day after the procedure. And prevention is also emphasized; many doctors now recommend calcium, regular weight-bearing exercise—such as brisk walking—and hormone-replacement therapy to help strengthen bones.

LEGS Doctors see lots of knee injuries among skiers. Frequently, the ligaments or, more rarely, tendons around the knee get stretched or torn when a skier falls. A strained ligament can be treated with a knee immobilizer (unless it's inside the knee joint itself, in which case surgery is usually required, as it generally is for torn ligaments or tendons around the knee).

The twisting motions involved in skiing and ice-skating can also result in a *spiral fracture* in the tibia, the longer bone in the lower leg. This break, which winds around the bone like a spiral, can take place when ski bindings fail to release after a fall, or when a skater falls forward and her boot obstructs movement in the ankle. A simple break *(continued)*

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(continued) is set in a cast, while a co plex one may require surgery. Heali time: about twelve weeks.

Doctors treat sprained ankles with and elevation at first to reduce the swe ing. Then the ankle will be immobiliz with a bandage or splint for a few da An extremely severe sprain may need be put in a cast for two to four weel While the average sprain presents long-term disability, a very bad one c result in some loss of stability in the joi

PREVENTING INJURIES

Many falls can be prevented by tak commonsense measures:

WEAR PROPER SHOES OR SNOWBOOTS need firm soles with a good grip. Av high heels. Says Aswad: "There's no s bility in glamorous footwear!"

SHOVEL YOUR SIDEWALK Simple, but mo people don't keep the areas around th house free of ice or snow. You may w to spread rock salt to melt the ice, c sand or gravel to improve traction.

CHECK SPORTING EQUIPMENT Make sure gear is in good condition and that and skates fit properly. Children m know how, where and when it's safe engage in winter sports, and they sho have adult supervision at all times. Av sledding, tobogganing and skiing when er there's ice covering the snow.

TIPS FOR THE ELDERLY If possible, ol people should avoid going out wh there's ice on the ground. If they must outdoors, they need an escort. There is attachment for canes, called a cane pick, available at surgical supply stc and some pharmacies. It looks like an pick and gives the cane much more sta ity. A tripod cane is another option.

Experts recommend that the eld cover their porch steps with gritty wea erproof paint and mark the first and steps with brightly colored tape. Ha rails should be checked to make sure t are sturdy.

Irene Nyborg-Andersen is a wr based in Manhattan.

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aquarius

born January 20
to February 18

BEST DAYS **January 6, March 10, April 25, June 19**
CAUTION DAYS **February 3, March 27, May 6, June 26**
KEY WORD **Advancement**

Friendship will be easy for you during the next six months, especially after January 20. If you have children, try to spend extra time with them in the first week of February, when they may get into some trouble at school. If you don't address the problem now, you will be forced to face it later. In the second week of March you will feel inspired to begin a new enterprise at home or in the office. Be careful what you promise to your family in the middle of April; you may not be able to deliver. By the middle of May you'll have an opportunity you didn't expect, so be alert for a lucky break. The first two weeks of June will be packed with social events, but on June 26—and other caution days—watch what you say; you could unintentionally trigger bad feelings among your friends.



pisces

born February 19
to March 20

BEST DAYS **January 29, March 11 , April 25, June 19**
CAUTION DAYS **February 3, March 30, May 23, June 20**
KEY WORD **Opportunity**

The next six months are a time to indulge in emotions and dreams. You'll find things will get done—and done your way. The responsibility for the whole family will fall on your shoulders during January, and you will have to make several big decisions. Near the first of February in-laws or other relatives make you an offer that seems attractive. Look closely before taking them up on it, however, because it may not be as good as it sounds. By March and April things will improve, and you'll be having many good times with your friends. Expect approval from your family, especially [illegible] your best days. Your professional reputation will be heightened in the first week of May. A spark in your marriage will be rekindled this year; watch for the first signs of it in mid-June.

LOSING WEIGHT by Cristina Ferrare



Cristina Ferrare: Slim and Looking Great!

"I lost 25 lbs. n 3 months... And I feel terrific!"

Cristina Ferrare

low I went from size 14 to size 10."

"Even when I was a model, I always worried out my weight. I tried all kinds of diets...but y all left me feeling tired and depressed. This ril, I had a beautiful baby and in May I still d 25 pounds to lose. Honestly, I didn't know if I uld do it.

en I discovered Ultra Slim-Fast... as amazed how easy it was.

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as amazed at how energetic I felt.

Ultra Slim-Fast is healthy and nutritious. Each ake gave me an abundance of vitamins, minerals, otein, important fiber and carbohydrates. This tritionally balanced program gave me all the ergy I needed to keep up with my hectic sched- —and my four children.

Best of all, I actually went from a size 14 to a size And I haven't felt this good since I was 22."



E: Cristina Ferrare may not be typical of the average Slim-Fast user. Most users need e less weight. Weight loss varies with the individual depending on a variety of factors.

Cristina's Diet Recipe = Ultra Slim-Fast + Imagination.

Cristina's Pina Colada

8 oz. skim milk
1 heaping scoop Ultra Slim-Fast Vanilla
1/4 cup pineapple
1/4 cup banana
3/4 tsp. coconut extract
1/4 tsp. rum extract
1 pack lo-cal sweetener
10-12 Ice cubes
Blend until smooth.

Mocha Creme

8 oz. skim milk
1 heaping scoop Ultra Slim-Fast Chocolate
1 1/2 tsp. instant coffee
1 1/2 packs lo-cal sweetener
10-12 Ice cubes
Blend until smooth.

CUT ALONG DOTTED LINE

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aries

born March 21
to April 19

BEST DAYS **January 28, February 11, April 10, May 30**
CAUTION DAYS **January 29, March 10, May 4, June 10**
KEY WORD **Practicality**

As long as you keep your feet on the ground, the next six months can be a period of great advancement. You may be an expert in many areas, but don't get overconfident, especially in January when you are making new plans. In February you'll excel at work, and in the last half of the month you'll end up being the office peacemaker. Your partner may seem indifferent in early March, but it's just a passing mood. Don't confuse wishful thinking with reality on April 21, when facts are obscured. As long as you are pragmatic and direct your creative energy, you'll be able to face new domestic challenges successfully in the last two weeks of May. By the second week in June, however, you'll finally be able to leave your worries behind and take an exotic vacation.



taurus

born April 20
to May 20

BEST DAYS **February 12, March 16, May 30, June 11**
CAUTION DAYS **February 3, March 18, April 26, June 28**
KEY WORD **Patience**

Your lovelife will be terrific during the first half of the year, but other areas of your life will shape up more slowly. Your marriage will take some upturns in January and then again around February 22 and March 27. Although your spouse will likely understand you during this period, not everyone else will. Be careful what you say around the first of February: People may misconstrue your intentions. Avoid differences of opinion in mid-March when in-laws enter the picture. Don't be surprised if a co-worker becomes jealous of your expertise around April 5. Near May 10, you may clash with your spouse. Don't get too upset: You will make up. Avoid making any new financial arrangements until the second week of June when good fortune takes a step in your direction.



gemini

born May 21
to June 21

BEST DAYS **February 1, April 10, May 12, June 8**
CAUTION DAYS **January 7, March 15, May 29, June 27**
KEY WORD **Honesty**

It is often difficult for you to say what you mean, but as long as you try to be candid with your friends and family, the next six months will go smoothly. In the last two weeks of January, introduce your family to a new person in your life to make them feel included in your affairs. By the middle of February, you'll find some time to relax and enjoy life. If you have kids, you may have trouble getting them to obey you in the first week of March. By the end of the month, however, you'll be able to handle them more easily. The second week in April is a good time at the office: You may get a compliment from your boss or even a raise. From May 21 to the middle of June, the important people in your life begin to understand what you have been trying to tell them for so long.



cancer

born June 22
to July 22

BEST DAYS **January 6, February 12, March 16, April 25**
CAUTION DAYS **January 17, February 7, May 5, June 29**
KEY WORD **Diplomacy**

During the next six months, work and finances go your way and friends adore you—as long as you are tactful. In the second half of January you'll have a tendency to daydream and ignore responsibility. At the end of February you may feel dissatisfied with yourself, but others won't understand your mood. Listen carefully to what people tell you in the first two weeks of March; unless you are alert, you could misread them and end up having your feelings hurt. In the first two weeks of April a long-forgotten friend will return to your life, but be skeptical of what she tells you. In the middle of May you may be delighted to find that success and happiness come from the least-expected source. Curb your speculative impulses, particularly during the first week in June.

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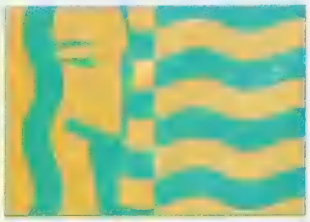


leo

born July 23
to August 22

BEST DAYS January 7, February 19, April 22, May 5
CAUTION DAYS February 4, March 15, April 2, June 29
KEY WORD Flexibility

The next six months are full of surprises, so it's important to be accommodating. In January you'll discover a talent you didn't know you had. A deal you didn't know about might have a bad effect on your work in early February. Don't get too excited; everything will be straightened out by February 19. Around the second week in March you may have a misunderstanding with a loved one, but there won't be any lasting damage to the relationship. By the end of April your marriage will be stronger. Take advantage of your creative forces during the first week of May. A few weeks later you will have to change a longtime habit and will need the help of your family. In the first two weeks of June you may meet a new friend who could encourage you to take on a new project.



virgo

born August 23
to September 22

BEST DAYS January 10, March 16, April 26, May 4
CAUTION DAYS February 24, April 17, May 9, June 23
KEY WORD Levity

As long as you don't lose the ability to law at yourself, the next six months will be a happy time. Postpone whatever you can in January; your patience will be rewarded later. In the first half of February your creative juices are stimulated, so try your hand at art, music or cooking. On your best days you'll be busy with personal matters that will increase your prestige. But don't get overconfident and attempt something that can't be done by mid-March. The outcome of an unexpected event may boomerang in your favor and bring you closer to your family in mid-April. The second week in May people will be eager to cooperate with you as long as you don't get too critical of them. In the first half of June strained marital relations may take a turn for the better.



libra

born September 23
to October 23

BEST DAYS February 3, March 12, April 11, June 10
CAUTION DAYS January 2, March 15, May 14, June 30
KEY WORD Decisiveness

It's time to get off the fence and make some choices during the first half of this year. Around January 8 you may have trouble with a spouse or business partner, and you'll be forced to compromise. In mid-February you may feel more amorous than your mate, but be patient, he'll change his tune. Things start to go your way in the first two weeks of March when you'll have a chance to make a dream come true. You will be able to show your warmth and affection during the last two weeks of April, so spend more time with the kids and focus on home. At the end of May relatives may hurt your feelings when they criticize your artistic and creative efforts. June is a time for romantic renewal, when your partner can finally show how deeply he really cares about you.



scorpio

born October 24
to November 22

BEST DAYS January 19, April 21, May 8, June 5
CAUTION DAYS February 27, April 16, May 21, June 17
KEY WORD Confidence

During the first half of the year your work can be inspired. You are capable of doing a big job in the last two weeks of January as long as you maintain a fast tempo. Near February 1, business opportunities may come from unexpected sources. Go after what you desire—you'll get it. In late March a friend may take you by surprise and tell you something hurtful. Don't get too upset; it's probably only a rumor. In the second week of April you'll be very articulate, so take the opportunity to tell people how you feel about them. Around the first week of May, if you're single, you may be swept off your feet by a new romance. In the last week of June both family and business associates are demanding your time and energy. Tend to business matters first; your family will understand.

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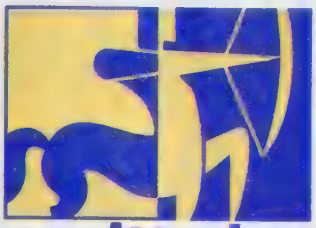
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sagittarius

born November 23
to December 21

BEST DAYS January 19, February 19, May 18, June 5

CAUTION DAYS January 4, February 27, April 12, June 17

KEY WORD Discrimination

You will be swept up in a tide of popularity during the first half of the year. In the first week of January, however, you may get into a disagreement with a neighbor. Keep it from escalating. Near February 20, a friend may be instrumental in improving your family relations. In March you will have to make a big money decision, and the choice you make will be the right one. At the end of April your love life heats up, and family relations in general become warmer. The first week in June is a period of intense domestic creativity; you might even think about redecorating your home.



capricorn

born December 22
to January 19

BEST DAYS February 3, March 14, May 23, June 1

CAUTION DAYS February 25, April 3, May 4, June 27

KEY WORD Friendship

Push yourself to socialize in the first six months of the year; you won't regret it. Romance may be strained in January, but things will improve. In mid-February superiors at work will praise your accuracy and efficiency. In the last half of March appreciate family members, and be careful not to be too critical. In the middle of April concentrate on projects at home that you've been putting off. You'll feel the need for a new kind of mental challenge in the middle of May; try taking a course. And if you have kids, you will have a chance to get closer to them the last two weeks in June.

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special report

VOICES OF THE DECADE

Last January, you met the five readers we'll be interviewing throughout the nineties. What kind of year have they had? Catch up with them in the second part of this real-life drama





Moments in time (clockwise from top): Dana wasn't afraid to take a stand on a controversial school issue, Paulette was terrified she'd fail her graduate exams, Anne began to dream about being an author, Diane was promoted, and Molly moved into a house she could call her own

Photos, clockwise from top: Charlie Nye/Gamma-Liaison, Janet Century/Gamma-Liaison, Chris Bennion/Black Star, Susan V. Sternkamp.

WE INTRODUCED THEM IN JANUARY 1989, THE WINNERS of our Voices of the Decade competition: five women who have agreed to share with us their hopes, their dreams, their disappointments and their successes in annual interviews. Last year they met in New York at the *Journal*'s offices; this year, we took to the road to see them. We visited their hometowns, cheered for their children at sports matches, walked through their neighborhoods, stopped by their offices, visited in their living rooms and shared the details of their days. The result: an unusually candid look at American women's lives, circa 1990. As you'll see, these women are facing the same problems and challenges you are: Should I have another baby? Is it time to stay home with the kids for a while? What kind of career is best for me? Here's how they've coped in the past year.

By Kathryn Casey

DANA CRONE, 30, EMINENCE, INDIANA

"This has been one of the best years. We've really had pretty good luck," Dana says, and then, as a verbal knock on wood, adds, "I'm almost afraid to say it." The frustration of being a farmer is that luck does play such an important role: World markets, droughts and floods can determine prosperity or hardship. "Jack's family has farmed this land for four generations," she says. "We both love it here, and right now things are pretty good. When it gets bad . . . Once Jack and I went for an entire week with only six dollars between us." In the bad years, Dana's check from her part-time job as a hairdresser has been essential for the family's living expenses. "I don't think we could ever lose the farm, but I know some people who lost their farms probably felt the same way," she says with a shrug. "One of my wishes for our children is that the farm is still here if they want to work it."

On this day, Ty, six, is busy getting dressed for afternoon kindergarten, *(continued)*

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special report

(continued) and Casey, two, is in his high chair at the kitchen table. Molly, eight, is already in class at the old brick schoolhouse in town.

One of Dana's most intense experiences of the last year revolved around that schoolhouse. Last January, a group of neighbors pushed to consolidate the six-hundred-student Eminence school with a neighboring school. Dana was against the plan, and she became the prime spokesperson for the town's anticonsolidation forces. As she explains, "I felt as if we had something very special here, that as a small school, we didn't have many of the problems larger districts have."

Asked to address a school-board meeting, Dana prepared a five-page speech comparing statistics such as district SAT scores. "I was scared to death," she recalls, "but I just kept talking."

In the end, the school board dropped the consolidation issue. But in a small town, where everyone knows everyone else, the matter didn't end there. "It was tough on the town and our family. I was against consolidation, and my sister-in-law was for it," says Dana.

Still, she says, "Everything turned out for the best. Last year, a lot of things I didn't think I wanted to do turned out to be rewarding, like the consolidation thing and coaching Molly's softball team for the first time."

The worst thing that happened last year was that the shed burned down. Dana had been burning trash when the wind spread the fire into the grass and then to a shed where Jack had stored old tires. "The whole thing went up like a fireball," she says, shuddering. A passerby called the volunteer fire department, which extinguished the fire before it spread to the fields or the house. "Whenever anything like that happens, the neighbors help," says Dana. "We only lost some old tires, but when there's a really big fire, the town throws a shower to help replace what was lost. It's neat. I just wish people would be more proud of it. People sometimes think there is a stigma attached to living on a farm. And sometimes I feel kind of misunderstood. When people meet me, I feel as if they're expecting some eighty-year-old named Beulah.







On the run: Molly, a social worker and mother of three, still finds time to relax—with a strenuous exercise program

"My life would be so different if I hadn't married a farmer," says Dana with a soft smile. "I'm probably missing something, but I sure don't know what it is."







Country and town: The Crone clan, on the land that's been in their family for generations; Dana tackling her farm chores and working as a hairstylist in a nearby salon

MOLLY MINNICK, 30
EAST LANSING, MICHIGAN

Last June was a very big month for the Minnick family: Molly, Dave, two-year-old Andy and Dave's children from his first marriage—Brandon, thirteen, and Julie, ten. Two dreams were fulfilled: They moved into their first house, and Dave became a doctor.

As Molly sits at the dining-room table in her new four-bedroom home, a pleased smile passes over her face. "This has really been a good year," she says. "The main event took place on June 9, when Dave graduated from medical school." Molly, a social worker, then adds with a laugh, "How did it change our lives? Now he has an income!"

There was more good cheer for Molly as she finally regained her physical stamina a year after Andy's birth. A marathoner and triathlete, she admits that getting her prepregnancy shape back was more difficult than she'd expected. "I'd never understood people who said they couldn't find time to run," she says. "That is, until Andy was born."

There was sadness in the past year, however—the death of Molly's eighty-one-year-old grandfather, Charles Anderson, known for his storytelling and his exuberant love of family. "He's left an emptiness that can't be filled," she says.

As for this year, Molly is reviewing her options. "I'd like to consider the possibility of not working full-time," she says. "I want to be home more with Andy. And *(continued)*

Photos, left, Charlie Nye/Gamma-Liaison; right, David Kryszak/Black Star.

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special report

(continued) with a new baby, if we have one." That decision will be made in another year. "We're not at a major impasse," Molly says. "We've just come to an understanding where we can't make a decision now. Dave doesn't seem as certain of the idea as I am. He's thirty-nine, and it doesn't take much to realize how old he'll be when Andy graduates from high school."

And there are more immediate goals. "Over the next year we would like to get onto a more solid financial footing," she explains. "We have student loans to pay up, both of our cars have more than one hundred thousand miles on them, and our credit cards are high just from keeping the kids clothed."

Yet everything seems to be in place. "When we were married four years ago, we were living in student housing," Molly reflects. "The first bed we shared had a single mattress. When I look back and think how far we've come. . . ."







Milestone: Now that Paulette's passed the exams for her Ph.D., her husband, William, won't be the only doctor in the house

PAULETTE POLLEY, 40
AKRON, OHIO

"If nothing else, this year has certainly been exciting," Paulette says ruefully. "When I look back, I feel as if I've been on a roller coaster." That roller-coaster ride lasted fourteen months. That's how long Paulette spent studying for, taking, failing, studying for again and retaking her comprehensive exams. After nine years of working toward a doctorate in business at Kent State University, the comprehensives represented Paulette's D-Day. The rules: Fail the exams twice, and you're out. "To invest nine years and think they'll say adios is scary," she admits. "When I failed my first exam, I considered jumping off Akron's All-American Bridge."

Paulette's daughters, Nicole, twelve, and Alycia, nine, and her husband, William, a physician, tried to reassure her. "Having William point out that most people fail these types of tests the first time around helped, but not enough," Paulette says. "For over a year, those tests were all I could think about."

In August, with the retake of the tests finally behind her, William planned a birthday celebration, luring Paulette for a romantic weekend and surprising her with an emerald-and-diamond bracelet and earring set.

But even that failed to take her mind off the looming test results. "When they finally arrived and I passed, I was *so* happy," Paulette says, smiling. "I took the family for ice-cream sundaes. The girls were really glad it was over with. They said I had been such a grump." All that now stands between Paulette and her new title is her dissertation, to be completed next fall.

Passing her exams wasn't the only good news: Paulette was promoted from part-time to full-time on the University of Akron's faculty. "I was thrilled; they've been really good to me there," she says.

As the only black woman on the business school's faculty, Paulette is breaking new ground. "It's still pretty much a boys' club," she admits. "And with the students, I often feel as if they're questioning me—not only as a woman, but as a black woman. There's this pressure that I have to be on top of things, that a weakness will be perceived in me faster than it will in a white male."

If Paulette has one disappointment, it's that her husband's work schedule has not slowed. "We had kind of a deal that when I started working full-time, he would cut back. I can see now that that's not going to happen," she says resignedly. "William is such a workaholic. When he *is* home, we have a running joke. I ask, 'What are *you* doing here?' " She grimaces. "At times I resent the fact that I feel like I'm a single parent. It's really easy when you get involved in your own careers to lose touch with each other. I hope in the coming years he won't feel the need to push himself. And I hope we still have something in common.

"For myself," she adds, "I would like to have a little more time to curl up with a good book. And I would like to get the twinkle back in my eyes."

ANNE WEATHERILL, 44
CLARKSTON, WASHINGTON

Anne is in a mid-life transition. Her husband, Jim, a pilot, might call it a mid-course correction. "For the first time, my major concern is what *I'm* going to do. I'm as happy as I've ever been," she relates. "But my main occupation has been being a mother. When the kids are gone, you obviously have to be something else."

Anne's twenty-one-year-old daughter, Maryanne, is a senior in college, planning a career in speech therapy. Christine, sixteen, is a high school junior, a member of the junior varsity volleyball team and well known for her secret chocolate-chip-cookie recipe. "Now I can see the successes in raising my children," Anne says with a proud smile." And I'm still young and healthy enough to go on to another part of my life. I'm excited about that, but it scares me."

Since Jim travels for work, Anne has always spent a lot of time alone with the girls. "The standing joke is that when he retires and we finally get together, we won't like each other." She laughs. "But I really enjoy being with Jim. The only problem is that sometimes I don't think we're together enough to work things out when they come up. If I got on him about what bothered me when he came home, I'd be complaining the entire time."

Anne currently holds two part-time jobs: *(continued)*

Janet Century/Gamma-Liaison

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special report

(continued) copy-editing for the town's weekly newspaper and finding housing for foreign students attending a program to learn English. But her volunteer work is her passion. "My heart is in teaching adults to read," she explains. "I'm working on a series of books on topics like health care for beginning adult readers. If that takes off, it could really expand into something."

The year's only heartache came last summer. Anne and Jim traveled to Las Vegas to be with Jim's mother, who was in the hospital fighting lung cancer. For Anne, the situation brought back painful memories of her own mother's death from cancer years before.

As the struggle wore on, Anne found it increasingly difficult to watch, and she went home, coming back at the end for the funeral. "It was hard, but if anything, watching Jim's mom fight made me more determined to live my life," Anne asserts, her brown eyes glistening. "More determined to be excited about whatever lies ahead."

DIANE PERRON WINSCHEL, 31 WASHINGTON, D.C.

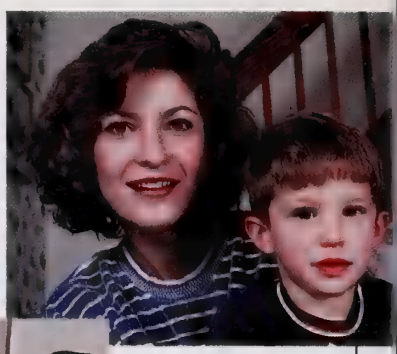
"For me, the last year has been stressful," says Diane, "primarily because of the pressures involved in raising a child alone." The divorced mother of a four-year-old, Sean, Diane admits that the tensions caused by health problems (endometriosis in her case, chronic ear infections in Sean's), financial concerns, and the everyday pressures of being a parent have often seemed suffocating. "There have been times when I was so frustrated I wanted to stay at home with him," Diane reveals. "But I just don't have that option.



Until now, Anne's main occupation has been motherhood (left). But with her daughters grown, she tutors adults and works at the local newspaper



"My company [a large computer firm that deals in Defense Department contracts] has been very good to me. I was afraid that not being able to travel all the time would hurt my chances for moving up, but so far that hasn't been the case." Promoted this year, Diane is now a deputy project manager, supervising thirty-five employees and overseeing a $7 million budget.





Diane's days are taken up with high-level meetings, but her evenings and weekends are reserved for Sean



But that doesn't lessen her concerns about time lost with her son. "Sean spends eleven hours a day at the day-care center," she says, shaking her head slightly. "I worry about what long-term effects being raised in a single-parent home will have."

In the past year, two doctors have recommended that Diane have a hysterectomy. "I've already had five operations for endometriosis, and I guess there's really not much else that can be done," she explains. "But I'm worried about how we'll go through it financially. I've used up all my sick time on the days Sean is home. The company is trying to make some arrangements. I just can't afford six to eight weeks off without pay. And I must admit the idea of surgical menopause is more than a little frightening."

Humor helps her keep her sanity. "I'm the master of the one-pan meal—if you add raisins you can make anything nutritious," she says with a smile. In the little quiet time available after Sean is tucked in bed, Diane writes humorous essays and dreams of being an author. "If I publish them in book form, I'll call it *The Grass Is Always Greener at the Other Day-care Center*." She chuckles. "I'd like to be the single mother's Erma Bombeck."

Not that she always wants to *be* a single mother. Diane has dated occasionally during the past year but acknowledges her ambivalence. "If there's one thing that worries me, it's my fear of getting into an intimate relationship again.

"Sure, it worries me, being alone," she goes on. "But I find it better if I don't think about it being all on me. If I take it day by day, hour by hour, and not worry about things beyond my control." ■

"Voices of the Decade," LHJ's innovative oral-history project, will continue throughout the nineties. The complete text of all interviews conducted for the project will be placed in the Schlesinger Library of Radcliffe College, as a resource for scholars.

Photos, left, Chris Bennion/Black Star; right, Susan V. Steinkamp

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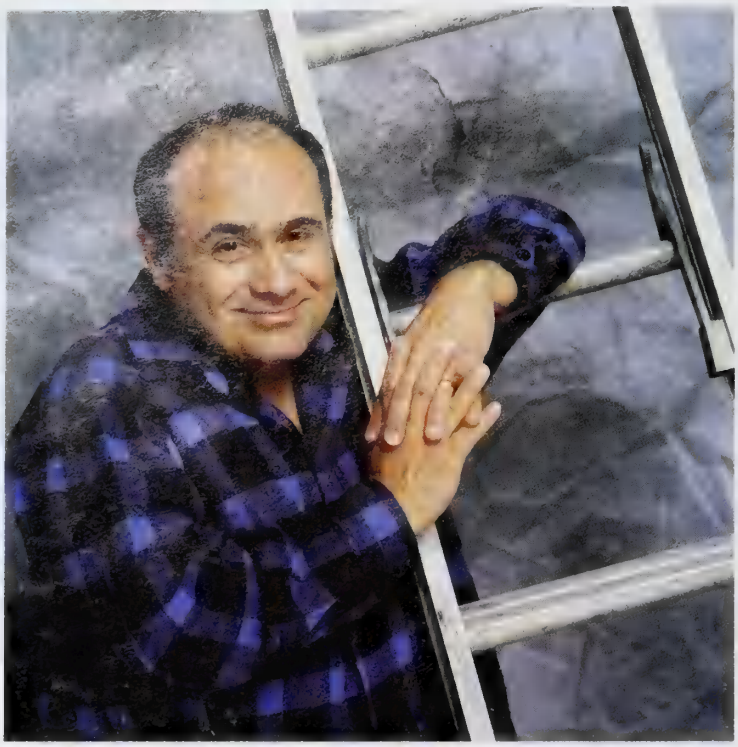
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WHAT'S HOT

Danny DeVito



The funny man who made his name playing nasty little guys is a devoted husband and father—and he's just finished directing again

REACHING NEW HEIGHTS

By Michael J. Bandler

TWENTY YEARS AGO, DANNY DEVITO WAS RIDING buses at night in New York City, uptown and down, back and forth, because he couldn't afford a place to live. Today, at forty-five, he's riding a wave of box-office smashes that includes *Romancing the Stone*, *Jewel of the Nile*, *Tin Men*, *Throw Momma From the Train* and *Twins*. His newest effort, *The War of the Roses*, which just opened, is a tense, dark comedy about modern marriage and divorce. "I'm taking a couple of people who fall madly in love, and lose sight of it, through the seventeen years they're together," says director DeVito, who stars in the film along with longtime co-conspirators Michael Douglas and Kathleen Turner.

At the same time, he's also playing what he calls "the best role of my life—the role I was born to play, heh-heh-heh"—husband to Emmy-winner Rhea Perlman of *Cheers* and dad to Lucy (six), Gracie (four) and Jake (two). "We've been in diapers now for almost seven years straight," DeVito groans. "I mean, just imagine that! When we went to Morocco to do *Jewel of the Nile*, Gracie was a five-week-old baby. Lucy was still in diapers. We brought eight hundred diapers to Morocco! When we arrived at the airport with these boxes, there were all these weird-looking guys with guns. We said, 'We don't have anything but diapers, babe!' "

Sitting in his office—which is decorated with posters from *Jewel of the Nile* and *Twins* and three framed paintings by his daughter Lucy—DeVito has few complaints. He admits, however, to having problems with one very difficult actor in *The War of the Roses*. "That Danny DeVito," the director straight-facedly explains, "he's a prima donna. The guy doesn't wanna come out of his trailer. He's a big star now and they pay him a lotta money, and he's got this big motor home and he's got his CDs in there and his video. The guy doesn't wanna come out and work! I gotta go in there and beat his head against the wall!"

Actually, director DeVito admires actor DeVito's perseverance. Born near Asbury Park, New Jersey, on November 17, 1944, DeVito didn't *(continued)*

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DANNY DEVITO
ontinued

eem destined for stardom. "I was a nistake," he says matter-of-factly. 'They hadn't planned on me." Daniel nd Julia DeVito were in their forties vhen Danny, the youngest of three chil-lren, arrived. He grew up hanging round the succession of businesses his ather owned—including a luncheonette, dry-cleaning store and a pool hall.

As a child Danny attended parochial chool, where he was, by his own admis-ion, an average student. "I really didn't are for it that much," he recalls. "I nean, I didn't mind going to school, but ve had nuns there, and most of the time I vas afraid of them. We were brought up o have respect for other people. But we vere a rowdy bunch, and if we got wild nd chased somebody hrough a yard, we veren't going to step ver the pansies. It vas right through those abies!"

After high school, 'tough-guy" DeVito ad a brief career as Mr. Danny, a hairdresser at is sister's beauty salon, vhere he once did thir-y-five hairdos on a New Year's Eve.

Interested in becom-ng a professional make-p artist, he enrolled at he American Academy f Dramatic Arts. The chool did not have a nakeup major, how-ver, so DeVito decided o major in acting. After raduating, he made the rounds of agents nd casting directors. He landed some arts in summer stock and children's the-ter and stuck to his goal. DeVito even ied a year in Hollywood but spent more me parking cars than acting. One cast-ng director simply told him that there vas no place in the business for a hunky, five-foot-tall character actor. "I lways knew what I wanted," he insists. 'I never ever thought of doin' anything lse. Even after years went by."

DeVito met Michael Douglas in 1966 vhile the former was touring in a play alled *The Contrast*. The company per-formed at the Eugene O'Neill Founda-tion in Waterford, Connecticut. The Foundation was building an amphitheater, and DeVito and some of the actors decided to help out. "It was very hot. We pooled our money for someone to get beer," Danny says, "and this guy who had a motorcycle volunteered. It was Michael. I said, 'Well, I'll go and hold the beer on the back of the bike.' That was our first meeting. He wasn't that bad, but I didn't think he knew how to drive." The two actors, then both with shoulder-length hair, became pals. "I remember looking over a stone wall one day, and there he was," Michael Douglas said in a tele-phone interview. "We just hit it off. Danny is devoted to his friends. He hangs tight, so you want to do anything you can for him."


R. Turiak/Outline

Danny and wife Rhea Perlman like to step out together—when work schedules and baby-sitters permit

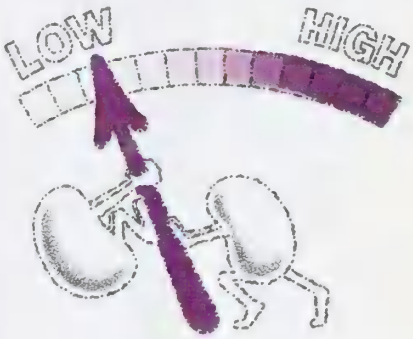
Several years later it was producer Mi-chael Douglas who gave DeVito his first break—in *One Flew Over the Cuckoo's Nest*. The two friends reunited again and were joined by Turner in *Romancing the Stone* and *Jewel of the Nile*. Douglas pro-duced those films, but with DeVito directing *The War of the Roses*, their roles have been re-versed. "Now I'm his boss," Danny says dev-ilishly. "Too bad!"

How does Turner see boss DeVito? Cuddly? Sexy? "Oh, he'd love me to say sexy," she says with a giggle. "But my real, honest-to-God first reaction deals with the intelligence of the man. I'm very im-pressed with him. He's quick!"

It was Danny's quick thinking that helped him land the part of Louie, the smart-mouthed cab dispatcher on *Taxi*, in 1977. As he entered the room, he saw the producers' faces freeze, and he knew he had to do something to break the tension. Climbing on stage, he took a deep breath and growled, "Before I start, I gotta know one thing: Who wrote this___?" The role was his.

With his career finally on track, De-Vito turned his attention to his personal life. He and longtime live-in *(continued)*

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WHAT'S HOT Danny DeVito

(continued) girlfriend Rhea Perlman married in 1982. They had met and fallen in love twelve years earlier, when DeVito's co-star in an off-off-Broadway play, *The Shrinking Bride*, invited her friend, Rhea, to a performance. The long-put-off ceremony took place in Rhea and Danny's home during a two-hour lunch break from *Taxi*. Instead of a wedding march, they played a recording of Our Gang's Alfalfa singing "I'm in the Mood for Love."

"We were never going to have kids," he continues, "but one day, all of a sudden, we decided, 'Hey, we should have one of those little things.' And then we knocked off three in a row! We were very, very lucky, because we tried to time it so we'd get 'em on a hiatus. Lucy and Gracie were born on hiatuses. But Jake was an inside curve!"

Although Danny and Rhea read up on childbirth and took Lamaze classes, they still had a lot to learn. "When Lucy was born, I spent a couple of nights in the hospital, and it was a classic scene," says Danny. "We had the baby, and the baby's cryin' and I'm passin' it to Rhea and she's passin' it to me. And this night nurse comes in and says, 'Gimme that baby!' She took the kid and put her on her shoulder and said, 'What are they doin' to you?' And the baby shut up immediately."



Schwarzenegger and Danny as twins; now director DeVito acts with Michael Douglas and Kathleen Turner in *The War of the Roses*





When they got home, things didn't get any easier for the neophyte parents. "We went to Lucy wakin' up in the middle of the night and me sayin' to Rhea, 'Well, if she's up, she wants to play,' " he continues. "So I'd go in there at three in the morning with the toys, and I'd throw 'em all over the floor. I got her into the worst sleeping habits you've ever encountered in your life. Months later we were still workin' through that one. It was just the two of us adrift with the baby. So we learned. And we thought with Gracie, it would be a piece of cake. We were wrong, because she's a completely different person. But you think, wait a minute, we got this down. It's like sandin' floors or paintin' a room—I know how to do that.

"Lucy is like me in terms of her temperament—quiet and thoughtful," observes Danny. "I'm not at all the way I appear. Gracie is like Rhea—very explosive. If Rhea wants to say something, she's gonna like grapple you to the ground. She's really tough. It kind of goes along with where Gracie is, the second child. She's the fighter. She kinda has to be. She's got this little guy, Jake, comin' up on one side and Lucy, who's very together in her world, on the other side. So Gracie's in the middle there, workin' out the elbow grease a little bit."

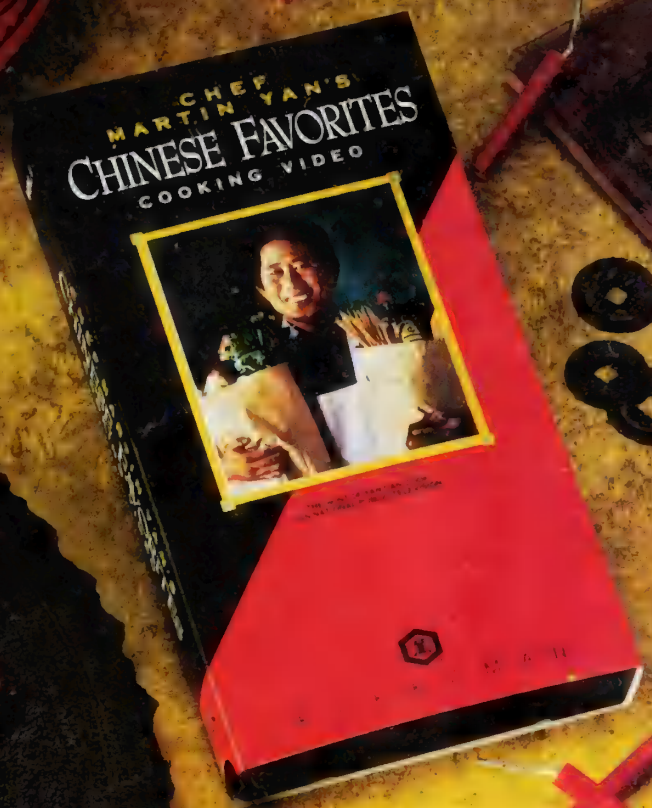
Danny says that Rhea is a wonderful mother. "She's the best!" he explains. She's always in the park or at the museum with the kids—she's the greatest!"

Danny, Rhea and the children live in a graceful old six-bedroom Spanish-style house in Los Angeles. Rhea and Danny like to spend as much time as possible there with the kids, but also go to great lengths to be alone. "I've been working day and night on *The War of the Roses*, and she's doing *Cheers*, so we were just talking this morning about maybe next weekend grabbin' a couple of days, the two of us," says Danny. "That's what we usually do, because we don't want to be away—we've never been away without the kids in all these years. But we have nannies and housekeepers, so the kids are covered all the time. What we usually do is pick a hotel in town, say goodbye on a Friday and come back on Monday morning. We're only a car ride away, and yet we can hang out together, go to dinner, to the movies and decide not to wake up with Jake in the morning."

Naturally, the movie on DeVito's mind lately has been *The War of the Roses*. "I sit in the back of the theaters, and I watch the audience," Danny explains. "And when I see them throw their hands and feet up in laughter, and their heads go back, it's a joy. I also get incredible pleasure out of the fact that at the end of the picture there's not a head turning. I've pushed 'em toward the edge of their seats. It's a nice feeling." ■

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Photos, clockwise from top: Nesti Mendoza, Michael Watson, Tom Arma, Michael Watson.

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Personal style

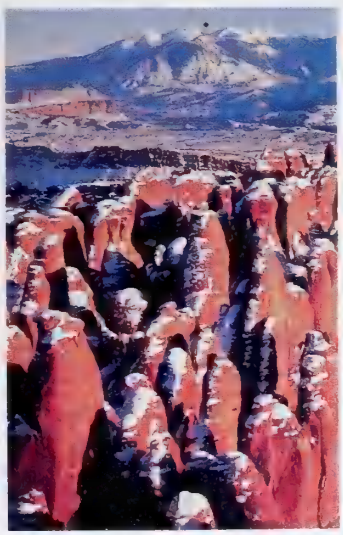
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Be my guest

Elegant entertaining begins with great glassware. Also, a guide to low-cost wine and champagne and go-with cheeses



ON THE ROAD

Heading West: Utah's Monument Valley is just one of the many national treasures to visit in the scenic Southwest

Personal style

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By Linda Fears



SOUTH

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Top left: Turtleneck, Donna Karan; scarf, N. Peal; shearling coat, Jindo; jeans, Levi's; sunglasses, Oliver Peoples at Moscot Studio Opticians; moccasins and socks, Lands' End; blanket, the Common Ground, NYC. Top right: Green chamois shirt, fringed leather skirt, red scarf and [illegible], Ralph Lauren; concho belt, Christopher's Enterprises; turquoise bracelets, [illegible] and rings, the Common Ground, NYC; Tibetan cross necklace, Vanessa Noel; [illegible] turquoise beaded necklace, Chaco Canyon; quilted bag, Tony Bryant Designs; [illegible]; crew, blanket, The Common Ground; scarf, fringed gloves, Cattle Baron boots, Georges Marciano Guess?; moccasins, Ralph Lauren; hat, J. Crew; bandanna, The Bradley Collection; watch, turquoise jewelry, brown leather bag, brown belt with silver buckle, Santo tie and blanket, the Common Ground, NYC; silver cuff, Lee Kirk Designs, Dallas. P.S. 8





hot stuff

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CHEESY CORN MUFFINS

A basket of these colorful, tasty muffins will be something your guests will never forget. If using jalapeño cheese, omit the jalapeños or green chilies.

- 1 cup yellow cornmeal
- 1 cup all-purpose flour
- 2 tablespoons sugar
- 1½ teaspoons salt
- 1 tablespoon baking powder
- 2 large eggs, separated
- ¼ cup vegetable shortening, melted
- 2 cups heavy cream
- 4 ounces Monterey jack or jalapeño cheese, grated (about 1 cup)
- ¾ cup canned corn kernels, drained
- ½ cup diced red bell pepper
- ¼ cup diced fresh jalapeño or mild green chilies

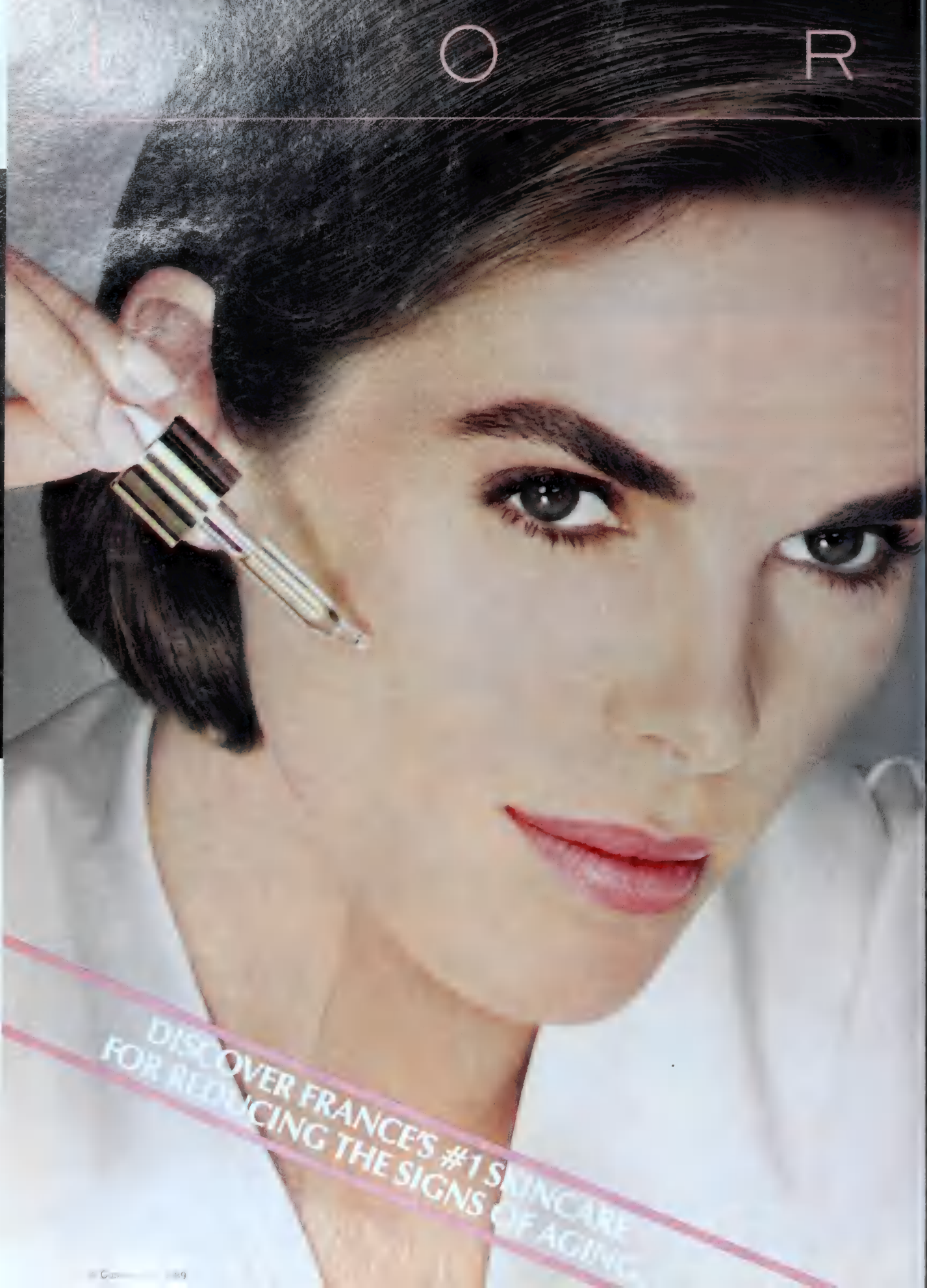
Preheat oven to 425°F. Generously butter twenty-four 2½-inch muffin-pan cups and place in oven to warm them and melt butter.

Combine cornmeal, flour, sugar, salt, baking powder, egg yolks, melted shortening and cream in a large bowl. Stir in jack or jalapeño cheese, corn, pepper and chilies. Beat egg whites in mixer bowl to stiff peaks. Fold beaten whites into batter. Spoon into muffin-pan cups.

Bake 15 to 18 minutes, until the edges are golden. Cool 5 minutes, then run a knife around the edges to loosen the muffins. Unmold onto wire racks. Makes 2 dozen muffins.

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By Carolyn B. Noyes

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A matter of taste

PLAN THE PERFECT WINE-AND-CHEESE PARTY WITH THIS PAIRING GUIDE

Keep in mind character—for instance, a slightly sour cheese such as fresh goat cheese goes well with a dry white wine like chablis or chardonnay. Hearty, aged cheeses are terrific companions for more complex, older wines. Try provolone and Parmesan with red Zinfandel, or Roquefort with Cabernet Sauvignon.

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Photos, Tom Arma. Details, P.S. 8.

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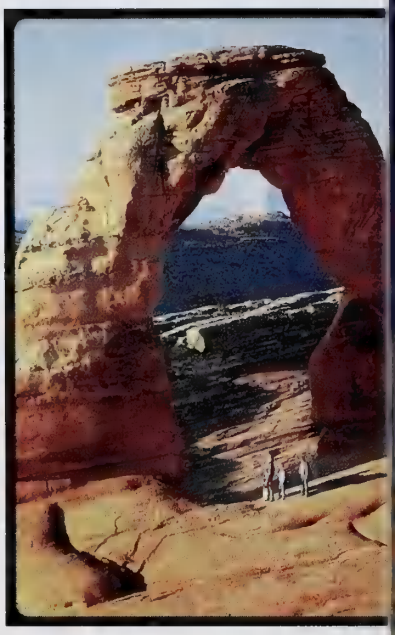
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Auto adventure



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The brutal desert climate has wrought a stark, savage landscape, making the Southwest a mecca for lovers of nature's handiwork. All the most breathtaking sights are grouped in a single area known as the Grand Circle. It encompasses part of Arizona (down to the Grand Canyon), a great deal of Utah, and corners of Colorado and New Mexico. You'll fir it's easy to travel around—everything is linked by one highway system. Some of tl attractions you must not miss: **Arches National Park, Utah** Dramatic red-rock arche spires, and pinnacles soar above the desert, created by centuries of erosion. **Monume Valley, Utah** Spectacular sandstone structures loom above the valley floor. Renowned f phenomenal sunsets, the park has been the backdrop for scores of films. **Rainbow Brid National Monument, Utah** Considered sacred by the Navajos, it's the world's large natural bridge. **Navajo National Monument, Arizona** Three major ruins of ancient Indic cliff dwellings. You can view them from overlooks or, if you're adventurous, hike down th cliff with a ranger and see them up close. **Four Corners** Kids love to go here and say th stood in four states at once. (A plaque marks this spot, where Arizona, Utah, Colorac and New Mexico meet.)

For a free booklet (with camping and motel info and a map), write to the Grand Circ Association, P.O. Box 987, Page, AZ 86040; 602-645-3232.

Where-to-buy guide

P.S. 2: Ralph Lauren clothing is available at major department stores. The Common Ground, 50 Greenwich Ave., NYC. Fragments, 107 Greene Street, NYC. For the J. Crew catalog call 800-562-0258. Donna Karan clothing is available at major department stores. Jindo retail salons are in Ne York, Philadelphia, Boston and Detroit/Windsor. For the Lands' End catalog call 800-356-4444. Fo more information on Cattle Kate, call 307-733-7414. PS 3: Umbrello, 379 W. Broadway, NYC 100 P.S. 4: L'Oréal Plénitude is available at Walgreen's and Osco Drug. P.S. 7: Wolfman Gold & Good Company, 116 Greene Street, New York, NY 10012. Pierre Deux, 870 Madison Avenue, New York NY 10021. Waterford Wedgwood, 713 Madison Avenue, New York, NY 10021. Grange, 831 Madis Avenue, New York, NY 10021. Daum Boutique, 694 Madison Avenue, New York, NY 10021.

PRODUCT INFORMATION DIRECTORY

P.S. 4: Discover Plénitude skin care from L'Oréal—the #1 skin care in France for reducing the sig of aging. High Performance daily care, special care and cleansing formulas enable your skin to actively defend itself against the signs of aging. $2 off selected Plénitude products are now available in the health and beauty aid section of a store near you.



The Thimble Collectors Club

Thimble Collectors Club reserves final right to selection of thimbles.

Thimbles shown actual size.

Wedgwood...Royal Doulton...Spode...Kaiser...Royal Worcester...Bing & Grøndahl...Limoges Castel...Hutschenreuther ...Royal Copenhagen...Noritake...Hammersley...Aynsley...Fukagawa...Vista Alegre...Royal Albert...

Virtually all of the world's great porcelain houses produce beautiful works of art in miniature in the form of collector thimbles.

Charming and colorful, they add warmth and appeal to a room. They are family treasures to be passed to daughter and granddaughter. It's no wonder so many people around the world collect thimbles.

Build a Unique Collection You'll Treasure Forever

When you join The Thimble Collectors Club you become a part of the world's largest organization dedicated to bringing to its members, on a monthly basis, the best thimbles the great porcelain houses have to offer, at the most attractive prices. Indeed, many of the monthly selections are created exclusively for Club members.

There are thimbles to suit every taste. Subjects to surprise and delight you... romantic landscapes...delicate flowers... charming animals...beautiful birds...and much, much more. Each thimble is an individual work of art, reflecting the vision of the artist who designed it, the traditions of the porcelain house which made it, and the special customs of the country it came from.

Every one is different, distinct, unique. Together they create an art collection of infinite variety, interest, and character.

© 1990 MBI



This lovely glass-domed display stand and other unusually fine display pieces are offered by The Club to members.

Special Benefits of Club Membership

Club members are entitled to purchase many fine thimble display pieces. Most of these displays have been custom-designed and are available exclusively through The Club.

We are in constant contact with the world's great porcelain artists and thimble manufacturers to develop exciting new thimble collections. Most of these collections are made available exclusively to Club members.

Modest Cost

One of the nice things about collecting thimbles is that besides being beautiful they don't cost a lot. The Club's regular monthly selections typically cost less than $11.00.

Your Choice of Thimbles Shown Above

As our gift to you for joining The Thimble Collectors Club, you may select any one of the thimbles shown above to add to your collection. Simply write the two-letter code for the thimble you select on the attached Membership Application.

Send No Money Now

To join The Thimble Collectors Club, just send your application to: The Thimble Collectors Club, 47 Richards Ave., Norwalk, Conn. 06857. Enclose no money now. You will be billed for your first monthly selection.

Membership Application 017-2805

The Thimble Collectors Club
47 Richards Avenue
P.O. Box 5707
Norwalk, Conn. 06857

No Payment Required. Simply Mail this Application.

Please enroll me in The Thimble Collectors Club. Each month I will receive a thimble from one of the world's great porcelain houses. I understand that I may return any thimble within ten days for a full refund, and that either party may cancel this membership agreement at any time.

The two-letter code (located by the name of the thimble above) of the thimble I wish to receive as my gift with my third thimble shipment is: ☐☐

Payment Options (check one):

☐ Please bill me for my first thimble, priced at $7.50.*

☐ As a convenience, please charge my first thimble (priced as above), and each subsequent thimble, at the time of shipment, to my credit card: ☐ VISA ☐ MasterCard

Credit Card No. _____ Expiration Date _____

*Applicable state sales tax, if any, will be billed with shipment.

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____

State/Zip _____

Signature _____

Allow 6-10 weeks for first shipment.

By Sally Squires

Timely tips to help keep your children healthy

Be seated!

Child-auto-safety-seats prevent death and severe injuries in well over two thirds of all accidents involving kids under age four—*if* they're used correctly. However, a nationwide survey conducted by the National Highway Traffic Safety Administration shows that fully one third of all safety seats are used *incorrectly*. To keep your children safe, heed these tips: ■ Buy only seats that meet Department of Transportation standards; since not all seats fit every make of car, be sure the seat will fit properly. ■ Follow all written instructions for installation and use. Call the manufacturer if you have questions; most have toll-free numbers. ■ Use *all* straps, belts or harnesses provided with the seat; keep them snug and tight. ■ Help babies avoid whiplash injury by having infants who weigh less than twenty pounds ride facing the rear of the car. This will help prevent their necks from snapping if the car stops suddenly—a special danger, since babies' muscles aren't well developed and their heads are disproportionately large for their bodies.

For more information, call the National Highway Traffic Safety Administration at 800-424-9393.

almost-ouchless shots

No-needle injections should soon ease the fear of shots that many kids—and quite a few adults—suffer from. A small, portable jet injector—developed by B.A. Rubin, Ph.D., professor of microbiology and public health at the Philadelphia College of Osteopathic Medicine—shoots a fine, piercing stream of vaccine or medicine into the arm at such high speed that it goes directly through the skin, thereby eliminating the need for a needle.

In addition to causing less discomfort than traditional shots, this new device is completely portable—unlike the cumbersome jet injectors sometimes used by public-health workers for school vaccinations, for example. Almost-ouchless shots are expected to be in many doctors' offices around the country by 1991.

Early ear infections

Is your child likely to develop recurrent ear infections? According to Jerome O. Klein, M.D., professor of pediatrics at the Boston University School of Medicine, several factors put kids at risk.

Klein—who studied five hundred youngsters from birth to age seven—says children whose older siblings have recurrent infections are at higher risk of contracting them, too. Moreover, the earlier a baby develops an infection, the higher his or her future risk. On the other hand, infants who are breast-fed for at least three months are less susceptible than bottle-fed babies—presumably because immunity-providing substances in breast milk help protect against infection.

If your child gets three or more ear infections before she's a year old, preventive antibiotics such as amoxycillin or sulfonamide may be warranted, says Klein. If problems persist, doctors may later insert tubes to permit fluid to drain from the middle ear; when present, excess fluid can impair hearing.

Sally Squires is a health writer at the Washington Post and co-author of "The Stoplight Diet for Children" (Little, Brown, 1988).

The response to Dreft's new liquid has been touching.



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Powder Dreft was the first laundry detergent formulated especially for baby's laundry. And now, we've put all that experience into our new liquid. Liquid Dreft provides a clean you can trust against your baby's tender skin. For clothing and covers so clean and comfortable, you're sure to get a warm response.

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A clean you can trust.



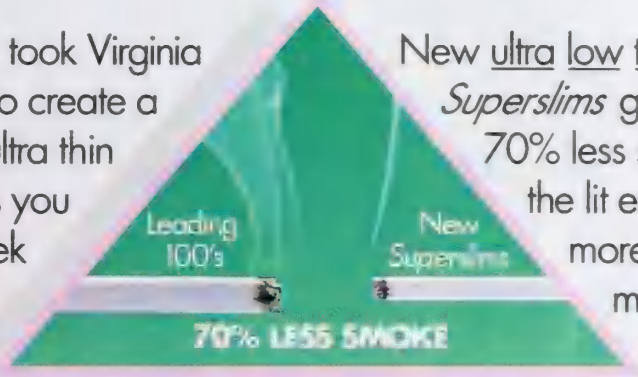
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Janet loves fresh air, fresh vegetables, fresh herbs. And Hunt's Spaghetti Sauce. But what she likes best is inventing ways to have them all together. We're not surprised. Over the last 100 years, Hunt's has inspired a lot of great cooks. And if our recipe for spaghetti sauce led to Janet's recipe for fettuccine, who knows what might happen at your house.

Janet's Fettuccine Primavera

- ½ lb. skinless chicken breast filets, cut in ½-inch cubes
- ½ cup sliced onions
- 2 Tablesp. Wesson Oil
- 2 cups small whole mushrooms
- 1 cup each: julienne-cut zucchini and red bell peppers
- 1 (27½-oz.) can Hunt's Spaghetti Sauce, Traditional
- ½ lb. deveined and shelled medium raw shrimp
- 2 cups fresh spinach, cut into ¼-inch strips
- ½ lb. fettuccine, cooked according to package directions; rinsed and drained
- Shredded provolone cheese

In large skillet, sauté chicken and onions in hot oil until chicken is no longer pink. Add vegetables and sauté 2 minutes longer. Add spaghetti sauce and shrimp. Simmer, uncovered, 10 minutes or until shrimp turns pink and chicken is cooked through. Stir in spinach, let cook 3 to 5 minutes longer. Serve over hot cooked fettuccine and top with provolone. Makes 4 to 6 servings.



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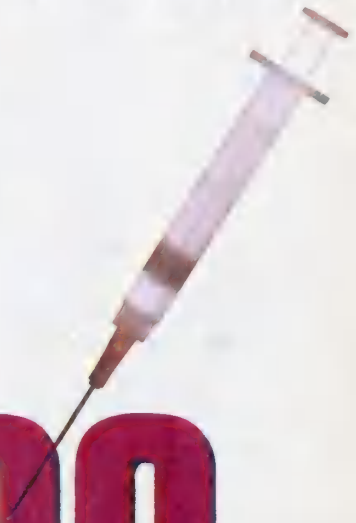
IT HAD TO BE HUNT'S.



WOMEN AND DRUGS

THE UNTOLD STORY

By Catherine Breslin



Ladies'
Home Journal
January
1990

Whether as teachers, mothers, addicts, counselors or crime victims, millions of us are affected by the drug epidemic. An in-depth report on the most serious domestic issue facing our country today

"WE JUST CAN'T LET OUR CHILDREN

Suddenly, it seems, drug abuse has moved into everyone's backyard. No longer is the problem confined to seedy shooting galleries in big, bad cities like Los Angeles, Miami and New York; now it has come home to suburbs and small towns, to the streets where we live. On Straight Path, a street in the Long Island suburb of Wyandanch, a ten-year-old boy is arrested on his bicycle with three crack vials and $226 in cash. In Seaford, Delaware, population 5,500, a town described by one resident as "an Ozzie-and-Harriet type of place," an invasion of crack brings brutal murders, assaults, robberies, burglaries and prostitution. And in heartland cities like Omaha, branches of Los Angeles gangs take root, complete with their sophisticated selling techniques and lethally efficient drive-by shootings of rivals.

Women are caught in the drug crossfire, inextricably involved—on both sides. Some, like Maria Hernandez, a Brooklyn mother who crusaded for years against drugs, die fighting, killed by the criminals who have taken over their neighborhoods. Others, like Monica de Greiff, the former Justice Minister of Colombia, become prisoners, living with an armed guard because of the death threats that have been made against them by major drug dealers.

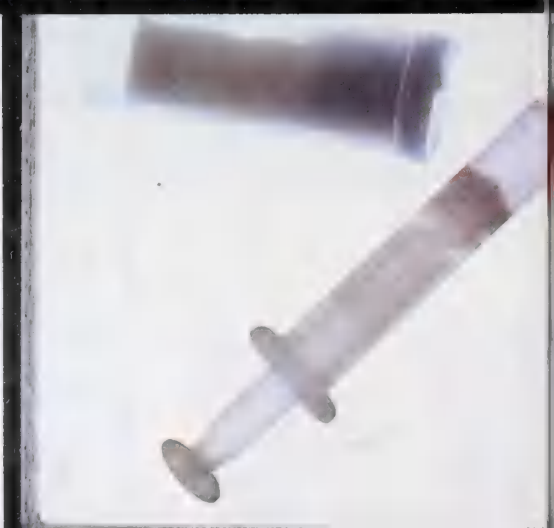
Still other women—far too many—destroy themselves or their families through their own addiction. Female junkies were relatively rare in the heroin epidemics of past decades, but cocaine—fiercely addictive, widely available—is now so popular with women that the street name for the drug is "she" or "girl," while heroin is "boy."

"Ten or fifteen years ago, when you went to a treatment center, you saw predominantly men," says Chris Policano, of Phoenix House, a drug-treatment center in New York City. "Then, maybe ten percent of the population in the treatment community consisted of



Collage, Bill Westheimer

Behind each statistic in the drug crisis is a wrenching story (clockwise from top left): Cynthia Harris's son was killed by a drug user; as a school counselor, Carol Grossman has seen dozens of young lives wasted by drugs; Mary Morrissey patrolled coastal waters in a cat-and-mouse game with smugglers; Geraldine Roubidoux, a former addict, now helps others kick their habit; Susan Lydon, her journalism career ruined by drug use, went through a tough recovery—and is writing again





Photos, clockwise from top left: Susan V. Steinkamp, Randy Hampton/Black Star, Peter Silvia/Black Star, Chris Bennion/Gamma-Liaison, Cindy Charles.

females. Now it's close to a third. In the eighties, with cocaine and crack, the number of women drug users multiplied dramatically."

Says Geraldine Roubidoux, a former addict who now heads a Seattle counseling firm, "The drug problem is totally out of control." Why this fatal attraction? "For women in particular, some of the properties of cocaine have made it a big drug of choice," says Vicki Greenleaf, author of *Women and Cocaine: Personal Stories of Addiction and Recovery* (Lowell House, 1989). "There are no needles; you don't slur your words; it's slimming—you take coke, and you don't want to eat."

Says Mildred Thompson, director of the Healthy Infant Program, at Highland Hospital, in Oakland, California, "The drug culture has shifted, and women are really indulging." Thompson sees the most horrifying result of the growing female drug crisis: Forty crack-addicted babies are born at Highland each month. Such infants tend to suffer multiple afflictions, from low birth weight to central-nervous-system damage. And according to the National Institute on Drug Abuse, about three hundred seventy-five thousand babies are born nationwide each year to mothers who abuse an illegal drug. The national price tag for looking after these babies: $2.5 billion a year.

Perhaps most shocking of all is that women are increasingly involved in drug-pushing at all levels, from bottom-

CONTINUE TO DIE," SAYS ONE MOTHER



rung "packers" and "mules" (runners) to top-management "queenpins" and independent entrepreneurs. Says Sterling Johnson, special narcotics prosecutor for New York City, "The drug business has become an equal-opportunity employer. Anyone who's using will sell. Crack is a cottage industry: It requires a small investment, and it's easy to make. People are using their microwaves now to make it at home."

Overall figures on the drug business are staggering: According to the Research *(continued on page 150)*



THE BEST

She's best known for her comedy, but now the zany star is taking her biggest risk yet with a remake of the melodrama Stella Dallas

Bette Midler pads on bare feet into her airy living room, nods hello and sinks into a floral slipcovered chair. Wearing tortoiseshell glasses, a navy cotton jumpsuit and no makeup, she looks more like a bookworm than one of Hollywood's hottest stars. No wonder the employees of her production company fondly nicknamed her the Librarian. Today, in sunbaked Beverly Hills, Bette is nursing a cold, of all things, and America's new queen of comedy is not, as they say, amused. "I think I got this cold," she sighs, "because I don't want to go back to work."



BETTE VET

It's not that she doesn't revel in her current stardom, mind you, it's just that she's having too much fun at home with daughter Sophie and her husband, Martin Von Haselberg. "I don't want to kill myself with work," she says. "I've worked solidly for twenty-five years. Martin and I are always talking about not being so bourgeois anymore, so we're just going to chuck it all and be happy Bohemians—after I have another baby."

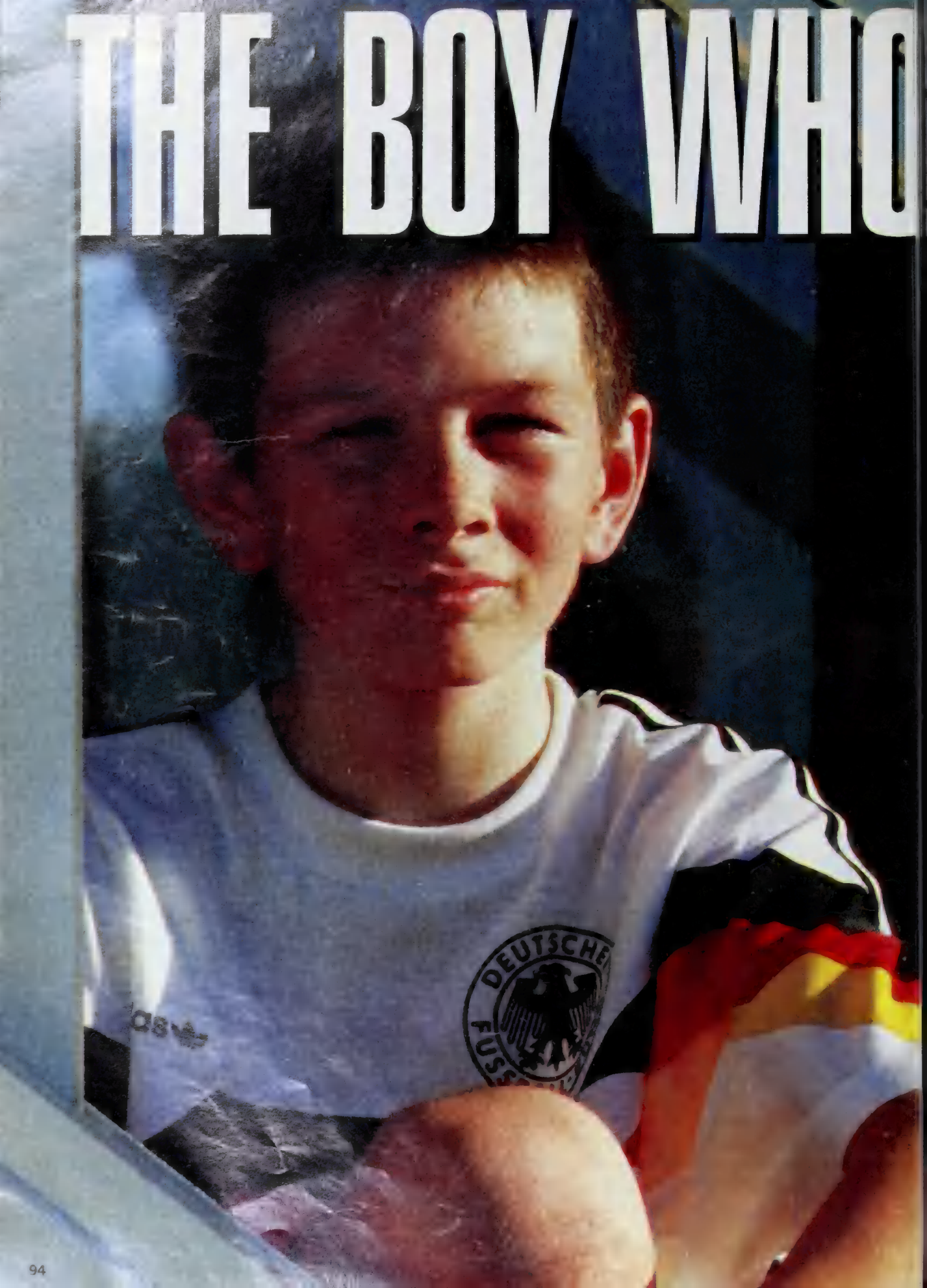
Such frank talk might be astounding from another star, but not from up-front Bette Midler. As she speaks her mind for the next couple of hours and again the next day at her office, her volatile emotions sweep over her like sudden storms. One moment she is saying she doesn't read newspapers or watch TV because she takes the violence and suffering they describe so personally that she has to "lie down for several days." The next, she pauses to fix a wicked eye on her guest. "Let's talk about dresses instead," she says, dryly, to clear the air. "Who do you like?"

Bette moves rapidly from joy and anger, laughter and tears, from tough to tender and back again. "I get on these emotional jags," she explains, "and then I get exhausted and move on to something

(continued on page 154)

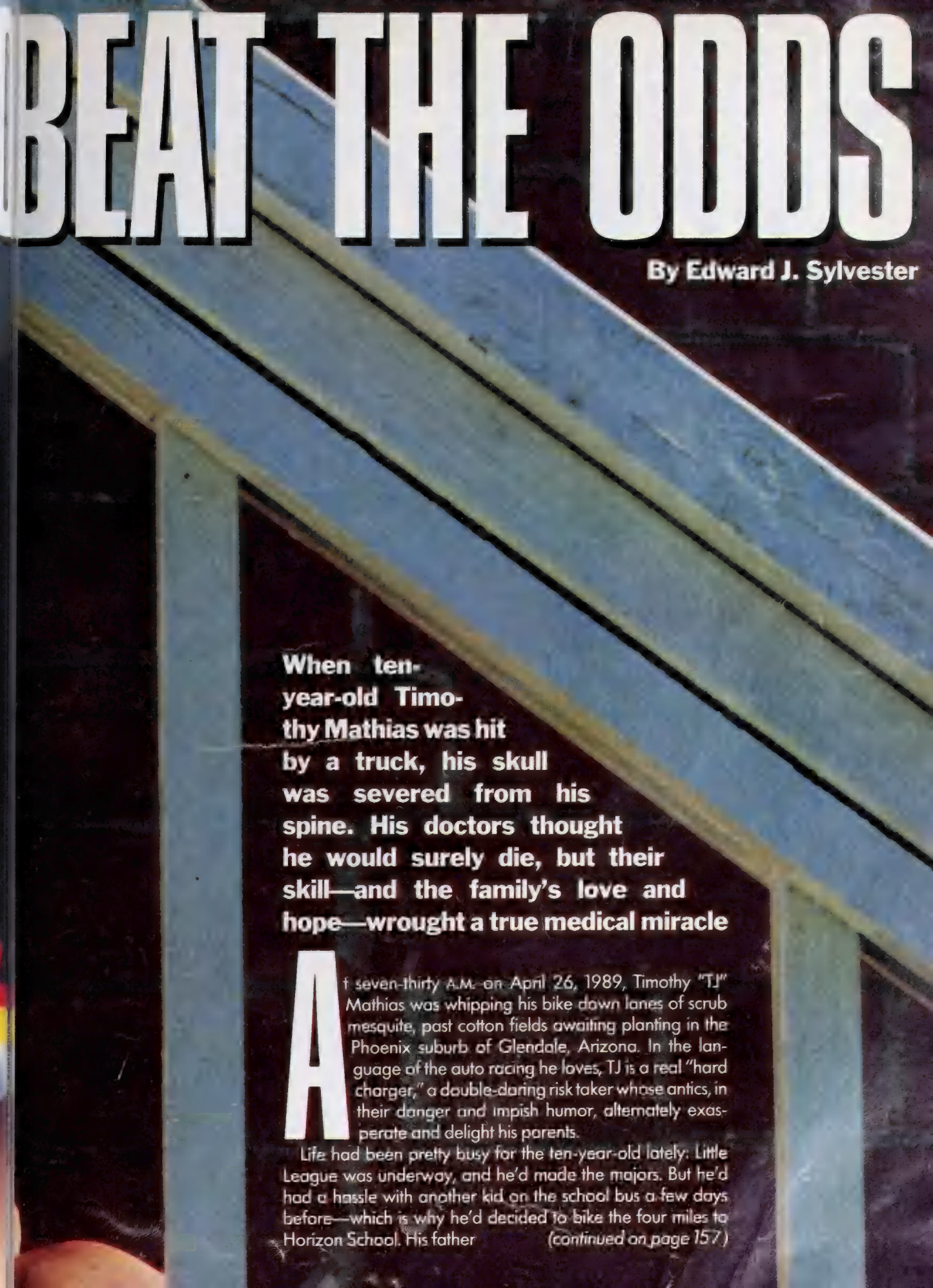
By Cliff Jahr

THE BOY WHO



BEAT THE ODDS

By Edward J. Sylvester



When ten-year-old Timothy Mathias was hit by a truck, his skull was severed from his spine. His doctors thought he would surely die, but their skill—and the family's love and hope—wrought a true medical miracle

At seven-thirty A.M. on April 26, 1989, Timothy "TJ" Mathias was whipping his bike down lanes of scrub mesquite, past cotton fields awaiting planting in the Phoenix suburb of Glendale, Arizona. In the language of the auto racing he loves, TJ is a real "hard charger," a double-daring risk taker whose antics, in their danger and impish humor, alternately exasperate and delight his parents.

Life had been pretty busy for the ten-year-old lately: Little League was underway, and he'd made the majors. But he'd had a hassle with another kid on the school bus a few days before—which is why he'd decided to bike the four miles to Horizon School. His father

(continued on page 157)

An UNDYING LOVE

BY KATHY SPRAYBERRY WOOD

After Lieutenant Colonel William Higgins was taken hostage, his wife suffered seventeen months of agony—and then his captors released a grisly videotape. In an LHJ exclusive, she remembers that terrible time

Even the most hardened television viewers were shocked by the videotape a Moslem group released last July 31. The tape was said to show the hanging of Marine Lieutenant Colonel William "Rich" Higgins, the highest-ranking United States officer taken hostage in Lebanon. Everyone who saw it recoiled in horror, but for Higgins' wife, Robin, the pain was almost unbearable.

Robin Higgins is my friend, and throughout that long night last summer we watched the tape almost two dozen times as she desperately tried to see whether the shadowy figure on the tape was indeed Rich. Robin didn't cry, at least not in front of me—as she had shown all of us in the Pentagon *(continued)*



Photos, from left: Sygma, Eric Rasmussen.


'WE'LL HANG HIGGINS'
Arab terrorists issue chilling ultimatum
GROUP IN BEIRUT SAYS IT HANGED U.S. COLONEL
Higgins' wife proud, not bitter

An UNDYING LOVE

(continued) public-affairs office where we worked, she knew how to stay calm in a crisis. Instead, she intently watched the grainy tape over and over, looking first at the captive's face, then at his hands and feet. I was amazed at her ability to watch this atrocity, yet I knew she was hoping against hope that the man in the film was not the husband she had last seen more than two years ago—and that Rich was still alive.

During the months of her husband's captivity, Robin, thirty-nine, became one of my closest friends. I felt a special kinship with her, because we have so much in common: Our husbands are career officers; we're the same age; she and I are both majors in our respective services, the Marines and the Army; and we both work as public-affairs officers at the Pentagon, answering questions from reporters who write about the military and the Defense Department.

Robin has never spoken publicly about the hostage situation in the Mideast. But she admits, "Restraint is the hardest thing."





Robin Higgins (above, left) with the author outside their Pentagon office; at home, surrounded by photographs of her husband, she rereads letters from supporters

It was at the office, on February 17, 1988, that she learned Rich, forty-four, had been kidnapped while serving a one-year tour as the head of the United Nations peacekeeping force in Lebanon. Robin was in an early-morning meeting with Dan Howard, then Assistant Secretary of Defense for Public Affairs, who got a call notifying him of the kidnapping. When he told the few staffers present that a Marine lieutenant colonel had been kidnapped, he had no idea that the officer was Robin's husband. After a few moments of stunned silence, a co-worker, who knew, as Robin did, that there was only one Marine of that rank in Lebanon, turned to her and said, "It's Rich, isn't it?"

Robin silently nodded.

One of her first thoughts was to get word of the kidnapping to Rich's daughter, Chrissy, a high school senior in nearby Virginia. Chrissy rushed to the Pentagon, and she and Robin spent the next few hours trying to get some new information. But there was none to be had: It was as though Rich Higgins had simply vanished into the earth, half a world away.

Even today, it is difficult for Robin to talk about that time; she is a private person who shares her feelings only with those who are closest to her. "I felt a profound sense of loneliness," she says simply, "and of regret at not being with Rich when he needed me."

In the months following the kidnapping, Robin lived with the agony of hearing conflicting reports almost daily: sightings of Rich alive and well, sightings of Rich just barely alive, threats of execution, announcements that he had been executed.

One report, which later proved false, was particularly wrenching. In mid-December 1988, ten months after his abduction, Rich's captors announced that they were going to kill him as an Israeli spy. Robin had been out of the office for several hours that day, and we didn't want her to learn the news too abruptly. I stationed myself near a door to the Pentagon, where she wouldn't see me but I would see her as she entered. When she finally appeared, I came around the corner nonchalantly.

Her eyes bright, she told me excitedly, "I've just met with some people from the U.N. They think they can help get information on Rich!"

I stopped her before she had a chance to go on. "Robin, there's something you have to know," I said. "There's more news about Rich." I handed her the wire-service story that told of the latest threat.

The expression on her face abruptly changed, and I instinctively put my arm around her. She looked at me and said sadly, "I guess this is my Christmas present."

A military marriage

Rich and Robin Higgins came from entirely different backgrounds: He was born in Kentucky and had always wanted to be a Marine; she was a Bronx native who became a high school English teacher before she even thought about entering the military. But there was an adventurous side to Robin that wasn't satisfied by standing in front of a classroom, and in 1975 she signed on with the Marine Corps.

"The first day of my first tour after initial training, I met Rich," she recalls. Both were on the same staff at the Marine Corps Combat Development Center, in Quantico, Virginia. After their first get-together, a dinner at a Quantico restaurant, they quickly became a couple. Several months later, when she was assigned to Okinawa, Japan, and he to Camp Lejeune, North Carolina, their future seemed uncertain. Then, on November 10, 1977, Robin received a long-distance call from Rich—and a proposal of marriage.

"We were married the next month, on my birthday, December 23," she recalls. "I had my wedding dress made in Okinawa, but Rich made all the other arrangements at Camp Lejeune. He even sent me an invitation! I flew home on two weeks' leave. He already had a house for us, even though *(continued)*

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An UNDYING LOVE

(continued) I had to return to Okinawa for another six months."

She smiles as she recalls the first embarrassing moment of their married life. "Early on the morning after the wedding, I answered a knock at the door. A neighbor had come to invite him for Christmas dinner and seemed shocked to see me standing there—after all, she thought, Rich was a single man! We had a good laugh after he introduced me as his wife."

Robin told me about her husband a little at a time during the months of his captivity. I never met Rich, but I came to know him through her eyes. I was moved by the kindness, strength and gentleness Robin described, and by the love she and Rich obviously shared. They were more than husband and wife; they were best friends as well. Robin spoke proudly, too, of Rich's courage in Lebanon. During his tour he refused to disguise who he was, despite the obvious danger of being known as an American. A Canadian major who worked with him offered Rich stick-on Canadian flags to cover the Stars and Stripes on his uniform sleeve. Rich thanked him but refused, saying, "If I get into trouble, I'll do it as an American."



Was the man shown on this unforgettable videotape William Higgins? Even today his wife clings to the hope that it is not—and that her husband is still alive

Fearing the worst

After that terrible false alarm in December 1988, Robin continued to press for information from the United Nations and the State Department. "I felt the need to do something—anything—to get him back," she says. But she chose not to speak out publicly on the hostage situation, because she feared endangering Rich and the other hostages. "Restraint was the hardest thing," she admits now. "It still is. But I learned from Rich that rash actions aren't always wise actions."

So she remained publicly silent, and she relied during those lonely months on the support she got from her own family and from her husband's relatives. "Rich's sisters, Mary and Linda, and their families have always been special to me," Robin says affectionately. "But this nightmare brought us even closer together." Tragically, Rich's family suffered other setbacks as well: His father died of heart failure the day after Rich was kidnapped, and one of Rich's favorite uncles died a year later.

Robin drew strength, too, from the letters sent to her by people as diverse as the Archbishop of Canterbury and a man serving a life sentence in a Utah prison. All urged her not to give up hope.

And she has not; Robin believes that the videotape might be nothing more than a cruel hoax staged by Rich's captors. There was considerable debate following the release of the tape—about whether or not the man shown on the tape was Rich and whether or not he was dead. On August 7 last year, one week after the tape was released, General Al Gray, the USMC Commandant, met with Robin at the Pentagon and told her that government experts who analyzed the videotape had concluded that it was almost definitely Rich Higgins in the videotape and that he had been killed. "It's virtually certain he's dead," Gray told her gently.

Moments later, I returned from a birthday lunch with my husband and went to the office where General Gray was sitting with Robin. Her tear-stained face told me the news wasn't good. As I tried to comfort her, I began to sob. "You can't do that," she told me tearfully. "It's your birthday."

It was the only time I ever saw her cry.

Semper fidelis

To walk through the Higgins home today, you would think that Rich is expected at any moment. His presence is everywhere—in photographs, including his and Robin's wedding portrait; in his Marine Corps flag, his USMC hat, his mounted officer's sword.

This house is Robin's refuge, where she retreats when the public scrutiny becomes too unbearable. It is where she went after her meeting last August with General Gray, when she told us, "Tonight I need to be alone with my thoughts of Rich."

She often looks at the journal she kept for her husband during his captivity, so that if he returned from his nightmare, he could read about all that had gone on while he was away. When she is alone in the house she shared with her husband, Robin looks, too, at a plaque with her favorite poem, a poem about marriage. It reads in part: *In this uncertain world/This much I know for certain/I still love you.*

Until there is evidence of her husband's death—more conclusive evidence than a shadowy videotape—Robin still hopes and waits for him. "For two years, I have sought the truth about what happened to my husband," she says intently. "I still have no proof he was murdered. I want his captors to give us proof of his condition. I want him home."

Robin Higgins doesn't think of herself as a particularly brave or heroic woman, only as someone who is living out the Marine Corps motto *Semper fidelis* (always faithful) and who is keeping on because she has to: for herself, for Chrissy, for Rich. "I cope with this in the only way I know how," she says. "I find strength in all I learned from him.

"I have only one regret, though," she adds. "That I didn't know him sooner and love him longer." ■

Kathy Sprayberry Wood is a career Army officer stationed in Washington, D.C.

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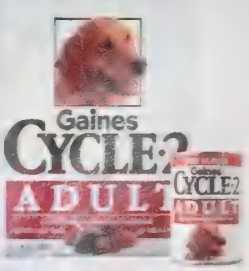


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Grown Up

BY LOIS JOY JOHNSON
BEAUTY AND FASHION EDITOR

THAT'S *YOU* IF YOU'RE MORE OR LESS THIRTY-SOMETHING, BORN BETWEEN 1946 AND 1964—A MEMBER OF THE BABY-BOOM GENERATION. SENIOR BABY BOOMERS WERE PROBABLY BEACH BUNNIES IN THEIR TEENS AND TWENTIES (REMEMBER BABY OIL AND SUN REFLECTORS?).

You wore a fall for a mane event, glued on false eyelashes and painted on twiggies, ironed your hair (or slept with it rolled in beer cans!) and lived through androgynous shags, hennaed China chops, Farrah Fawcett wings. If you're a junior BB like Nancy Donahue, thirty, with her year-old son, George (left), you probably recall frosted pink lipstick and hair bands fondly, know how to use kohl pencil for sexy eyes, may still have oily skin (and perhaps a few fine lines and wrinkles), and you have a thing about nails—French manicures to tips and wraps. Both blonds and brunets yearned for the sunniest highlights (some brunets even had a brief fling with burgundy and navy!). But now that the BBs are all grown up, what do they really want right now? To end once and for all the love/hate relationship with their looks and discover a confident, energetic, *individual* style. On the following pages we'll tell you how.

PHOTOS, NESTI MENDOZA; HAIR, STEPHANE LEMPIRE; MAKEUP, REX; MODEL, NANCY DONAHUE, ELITE. DETAILS, PAGE 126.


ROME

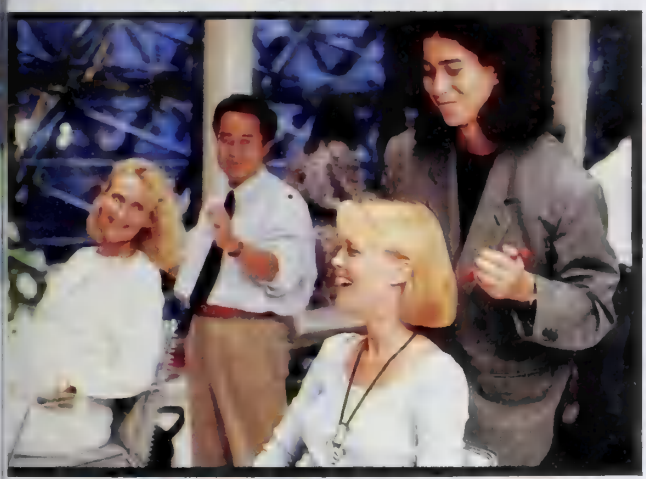


Nancy, left, samples The Nakeds by Ultima II, at Bloomingdale's, NYC. Below, with friend Margrit Ramme (thirty-nine and eight months pregnant) at the Pierre Michel Salon, Trump Tower, NYC. Best BB makeup kit: a light-reflecting cream foundation that blurs fine lines, like Christian Dior Teint Actuel Line Softening Makeup or Countess Isserlyn New Perfection Makeup by Alexandra de Markoff; neutral lipstick, such as Max Factor's Moisture Rich Lipstick in Iced Mocha, Maybelline's Color Fresh Lipstick in Barely



Everyone agrees that makeup makes you look better, which makes you feel better, which makes you look even *better*! The good news now: highly sophisticated cosmetics that *last*—so worrying about caking, smearing, fading and creasing is a thing of the past. Also, more and more cosmetics combine treatment and color to protect sensitive BB skin from the elements. Outdated is relying on heavy, complicated makeup to change your looks drastically. Today's products are sheer, easily blended, *believable*—so you can control the depth of color and coverage to enhance your features, not hide them. Perfect for all BBs: The new matte neutrals—ranging from earthy browns and beigey mauves to soft taupes and terra-cottas—that are currently all the rage. Consider neutrals the basis of your everyday makeup—strong colors are the accessories. According to Andrea Robinson, president of Ultima II, "Baby boomers are wearing makeup to look and feel attractive—not to change themselves but to feel good about who they are." For most BBs, stress, crash diets, pregnancy and other hormonal changes are simply a fact of life. What you may not realize is how these changes can affect your looks, perhaps even triggering the most traumatic experience for BBs—thinning hair. The best solution? A *great* cut. Whether you like it long or short, hair must be trimmed regularly—movement is essential for a young, healthy look. The healthier your hair, the longer you can go between trims. Best styles for BBs? A straight, classic bob like Nancy's, a permed bob like Margrit's, or a longer, softer blurred bob like thirty-ish Maile Morgan's, top right.





There Beige, Coty's Luminescent Lipstick in Apricot Honey and Revlon's Super Lustrous Lipstick in Winter Tan; natural-looking blush, like Clinique's Young Face Powder Blusher in Honey Blush



At some point every BB has to deal with gray. Should you play it up? Hide it immediately? Subtle highlights and semipermanent color are two options most BBs choose so they don't have to worry about roots. Both camouflage gray and restore vibrancy to hair color. To maintain shine and condition for any type of hair, try Salon Selectives' New Clarifying Cleansing Shampoo and New Leave-In Conditioner Treatment by Helene Curtis and Revlon's Flex Body Building Protein Shampoo and Conditioner.

LEFT: PHOTOGRAPHED AT BLOOMINGDALE'S, NYC. RIGHT: MODELS, CLOCKWISE FROM TOP LEFT—NANCY DONAHUE, ELITE; MAILE MORGAN, FORD; MARGRIT RAMME, ELITE.


DKNY



Even though we've all been exercising like mad for the past ten years, we *still* hate our bodies. In fact, we've yet to hear one BB conversation about bathing suits in which cellulite wasn't mentioned! While we *are* moving away from an overly thin image to a curvier ideal, fat reduction remains a national BB obsession. More than half admit to constant dieting, and experts report an increase in the number of BBs diagnosed with bulimia and anorexia, syndromes once thought to be associated only with teens. How to cope? Develop a realistic body goal that is acceptable to *you,* educate yourself about nutrition (cutting down on fat is a BB must to help prevent heart disease) and commit to staying fit. Tip: It's much easier to maintain a good fitness level than to attain it all over again if you've gone into a slump. During busy times or low-energy days, don't cut out exercise—just cut back or choose an alternative workout. Ride a stationary bike instead of running; walk instead of doing aerobics. (P.S. When you're fit, even your old clothes look better!) As for cellulite, the verdict isn't back on whether it even exists. Yet according to Dr. John Penicneck, VP–corporate scientist for Cosmair, 93 percent of BBs do have cellulite—accumulations of lumpy fat that don't seem to go away even after a diet (hips and buttocks are the toughies for every BB). To combat saddlebags, go for aerobics that focus on the larger lower body muscles—examples: fitness walking (Nancy loves the stair machine at New York's Excelsior Club, top), dancing, cycling. If diet and exercise don't help, and your saddlebags problem is extreme, you may want to look into liposuction to reduce contours. As for the orange-peel skin on thighs and buttocks that many BBs complain about, there are excellent smoothers and firmers to try: Prescriptives Body Conscious, Shiseido's Body Firming Cream, EpiSsage Ultra with Mild Exfoliating Cream, Gentle Cleansing Gel and Moisturizing Toning Gel, Lancôme Sculpturale Fluide Amincissant Body Sculpting Complex, Biotherm's Serum Contour Lipo-Active Body Contouring Treatment and Firming Body Lotion and Clarins's Multi-Mass Self Massage Appliance to use with Clarins's Contouring Body Cream and Body Treatment Oil "Anti-Eau."







Nancy, left, in the DKNY department at Bloomingdale's. When it comes to BB fashion, image consultants say tailored, classic styles make younger BBs look confident and authoritative, and older BBs clever and successful. The BB wardrobe saver? A black outfit. Whether it's a suit, a skirt and tunic, or a sweater and pants, a black outfit is tops for a versatile, pound-paring, confident look. BB closet must-haves: T-shirts, blazers, jeans, pleated flannels, a leather bomber, big cabled sweaters, slim skirts above the knee, sneakers. What are BBs buying now? A pantsuit for comfort and style, in honey, black or navy with a below-the-hips jacket and softly tailored trousers; a bright jacket to wear with all your black and dark-colored skirts and pants in pumpkin, red, fuchsia, berry; a little black dress in wool—crepe, cashmere, jersey or blends; lacy lingerie; fun extras like a leopard-print bathrobe, a big, cozy shearling jacket, tasseled loafers, a wispy scarf

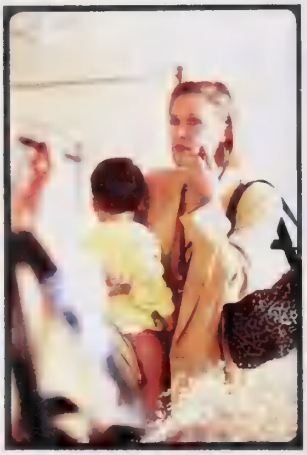
LEFT: PHOTOGRAPHED AT BLOOMINGDALE'S, NEW YORK CITY.



Great-looking, *ageless* skin is perhaps the ultimate key to BB beauty—and shelter from the sun is the only proven way to prevent skin from aging prematurely. Period. Since sales for sun-care products totaled $500 million in 1988, we know most of you are serious about skin care. For those BBs who still insist on being sun-kissed, it's time to change your beauty goals from tan (i.e., unhealthy, wrinkle-producing, cancer-promoting) to healthy, smooth, clear. Even if you've been baking in the sun for countless summers, you *can* prevent further damage if you start right now. Find a broad-spectrum sunscreen with an SPF of at least 15, and use it on *all* exposed skin (don't forget hands). To reverse photoaging, consider Retin-A—some women think it's the best invention for BBs since cosmetic surgery! To avoid common side effects (itching, burning, redness), ask your doctor to prescribe the lowest appropriate dosage. Always use a mild soap or cleanser to avoid irritation—Dove Beauty Bar, Neutrogena Cleansing Wash and Oil of Olay Daily Cleansing Lotion are Retin-A–compatible.

Unfortunately for many BBs, even the most stringent skin-care regimen can't ward off adult acne. According to Albert Kligman, M.D., Ph.D., professor of dermatology at the University of Pennsylvania School of Medicine and Director of the Clinic for Aging Skin at the Hospital of the University of Pennsylvania, most adult acne is provoked by stress, which boosts production of certain hormones, which then stimulate the sebaceous glands to form blemishes. Cosmetics are another culprit. Acne is a condition that never completely disappears. If you have frequent breakouts, see a dermatologist. If acne cosmetica is your problem, choose cosmetics labeled dermatologist-tested, hypoallergenic, irritant-free, fragrance-free. For future-perfect skin, the experts at Avon recommend asking your dermatologist for a dermascan—a diagnostic tool that uses light to detect sun damage and other skin conditions not visible to the naked eye. It allows for understanding of specific skin problems and facilitates solutions.

Count on a daily skin-care routine that includes an exfoliating product—these highly sophisticated creations are formulated for BBs' special needs. Some are oil-free, so BBs with still-oily skin get hydrating benefits without worry about breakouts; several, like L'Oréal Plénitude Active Daily Oil-Free Moisture Lotion, have UVA/UVB sunscreens to aid BBs' daily war with the sun; others are for the most sensitive skin, like Revlon's new Pure Skin Care Line and Oil of Olay Beauty Fluid for Sensitive Skin; and some are slightly tinted to give show-off-quality skin a glow even without foundation, like Neutrogena Moisture. The very latest skin improvers are firmers, which help keep skin taut and young-looking. A few we like: Revlon Eterna '27' Intensified Skin Recharger, L'Oréal Plénitude Firming Serum Concentrate and Estée Lauder ReNutriv Firming Moisture Mask. P.S. No one product will do more for your skin than you can with good daily skin care. To erase lines and wrinkles, consider collagen injections—that's what top NYC dermatologist Ronald Sherman is demonstrating to Nancy at his office (top and bottom)









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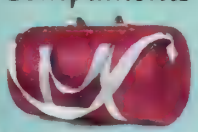
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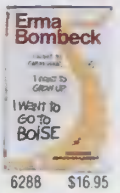
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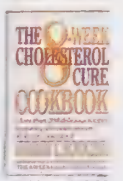
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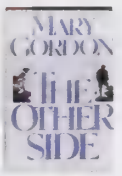
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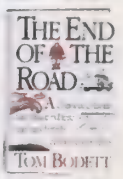
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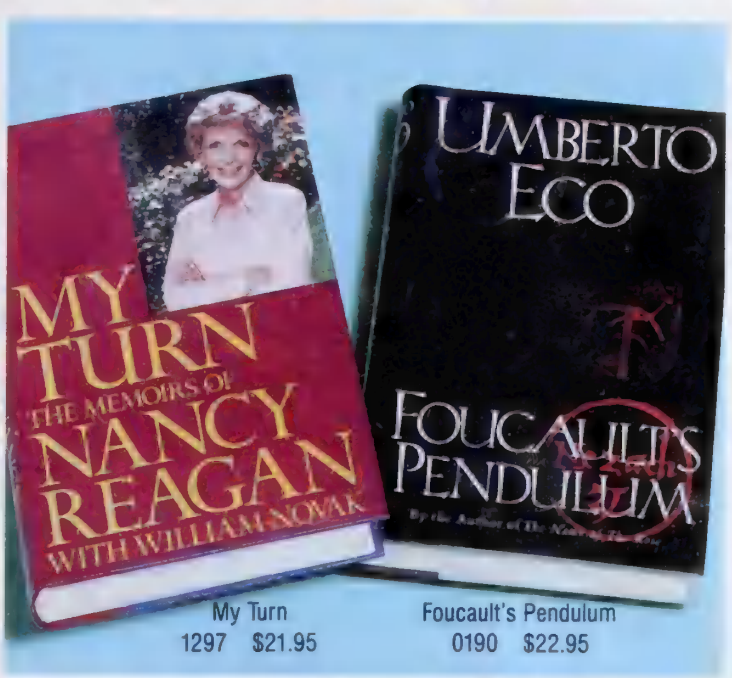
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Sunlight streaming in through a greenhouse window lends warmth to Linda's living-room retreat





MY HEALTHY HOME



Ten years ago, Linda Mason Hunter's concern for her family's health inspired her to transform her house into a pollutant-free haven. For the Hunters, there is truly no place like home

By Carolyn B. Noyes

Linda Mason Hunter is a writer, wife and mother who not only works at home—her home has become her work.

As a free-lance journalist, Linda had written a string of articles on homes and design over the years. In researching stories, she stumbled on several reports about hazardous chemicals and products that pollute indoor air and can harm human health.

Specifically, she'd come across an Environmental Protection Agency (EPA) report concluding that indoor air was five times as polluted as outdoor air; local newspapers reported about pesticide runoff in her water supply, and a reservoir that was also located near a (continued)

All photos, Perry Strauss



To add a homespun touch, Linda filled her healthy home with family heirlooms, like her grandmother's own fancy work on the dining-room table

Photos, Perry Struss; styling, Linda Mason Hunter



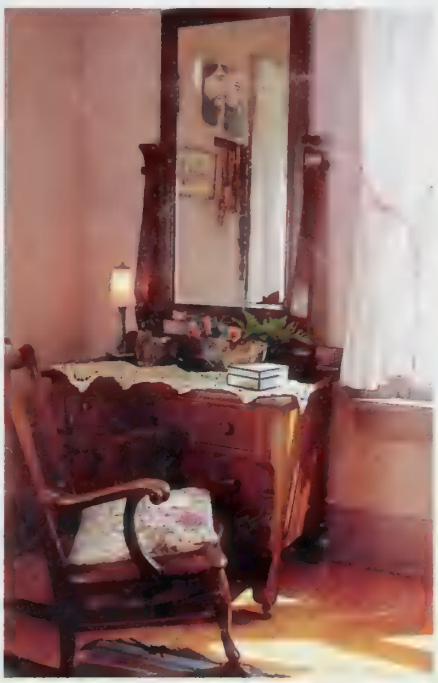
Linda, husband, Bob, and son, Scott, a student at Drake University, in Des Moines, love to sit out on the back porch they just built—along with a three-foot bump-out off the dining room

(continued) *dump. She began to realize that exposure to toxins was not just someone else's problem.*

"The more I found out, the more I began to wonder what might be in my own house," says Linda, now forty-three. And so she and her husband, Bob, forty-nine, a professor of law, investigated ways to make the house they had just moved into—an eighty-year-old foursquare in Des Moines, Iowa—a safe environment for their four children.

Mom's new outlook got mixed reviews from the family. While all the kids were basically agreeable—with some prodding—to such things as turning off lights when they leave a room, Scott, now twenty and the only one still living at home, was really enthusiastic. He took to the new lifestyle with a vengeance, going so far as to do his own natural-food cooking. Josie, twenty-one, focused more on packaging and recycling. Twenty-three-year-old Randy "still lives a toxic lifestyle," Linda says, laughing. She expects that newlywed Kim, twenty-three, will eventually set up a healthy household of her own.

Out of her original commitment to the environment grew Linda's sense that she "wanted to start acting like a grown-up and do something to help the world, too," she says.



"A house is the next logical extension of our bodies, and it needs special care," says Linda.

And nursing their home to good health didn't cost the family a lot of money or take much sacrifice, Linda says. She got so involved cleaning house that her decision to turn her experience into a book, "The Healthy Home" (Rodale, 1989), was almost inevitable.

Turn to page 118 for easy ways the Hunters made their home healthy.



Dolls shown much smaller than actual sizes of 15 inches and 8½ inches tall. Complete with an individual stand for each doll.

© 1989 The Ashton-Drake Galleries

A timeless portrait of motherhood...

"Loving Steps"



emiere Grade Dolls Handcrafted Fine Bisque Porcelain

n a sunny morning in late spring, metime around the turn of the cen- ry, a young mother and her baby ughter are enjoying their time togeth- . Instinctively, the little girl wraps her y fingers around her mother's hands she takes an eager step. The mother ances down, aware that this moment ill pass all too quickly, yet will live in her memory rever.

Distinguished as the very first doll design by artist ndra Kuck and produced by Reco International under e hallmark of the W.S. George China Company, oving Steps" reminds us just how precious the simple oments of family life can be.

oving Steps" is Certified Premiere Grade

ıe Ashton-Drake Galleries has reviewed "Loving eps" against *The Uniform Grading Standards for Dolls*—n strict criteria used to evaluate artistry and quality. ıe head, arms, and legs of both dolls are skillfully ınd-cast of fine bisque porcelain that's hand-painted lifelike flesh tones. The baby's delicate fingers are ecisely designed to fit into the curve of the mother's ınds, and the curled toes and raised foot create the usion that the baby is taking her first steps. The other's lavish, hand-tailored costume features a point- esprit lace yoke, deep flounces, d satin ribbon trim, with fabric wers entwined in her hair. These me Victorian fashion traits are hoed in the simpler design of the by's dress. Each mother doll is dividually hand-numbered and e set comes with a matching numbered Certificate of Authenticity.

These distinctive features have earned "Loving Steps" the Grading Standards' highest rating—Premiere Grade.

A Collectible Doll That Can Increase in Value

In the doll market, a doll with the right credentials has the best potential to increase in value. Once a doll's edition is sold out, collectors who want a doll from the edition must pay whatever the market will bear. That's why a collectible doll often sells for more than its original price within only a few years of being issued. Of course, not all dolls increase in value; values can go down. But a doll design of exceptional artistry and quality—such as "Loving Steps" with its Premiere Grade rating—has the best potential to appreciate.

Bear in mind that "Loving Steps" is the very first issue in a prestigious collection, just as "Jason" and "Little Bo Peep"—the dolls in the chart below. "Loving Steps" has similar credentials that make its potential for market success seem just as promising.

Your Satisfaction is Completely Guaranteed

You may, without hesitation and for any reason whatsoever, return "Loving Steps" to us at any time within one full year after you receive it. We will refund (or credit your account if you pay by credit card) your full purchase price, including postage, with no questions asked.

To order "Loving Steps" at its $125.00 issue price, simply complete and mail the attached Reservation Certificate. "Loving Steps" is issued in an edition that will close permanently in 1990, so order today.

Doll	Year of Issue	Issue Price	Current Value*	Dollar Increase
Knowles "Jason"	1986	$48	$700	+$652
Knowles "Heather"	1987	$48	$300	+$252
Knowles "Little Bo Peep"	1987	$58	$150	+$92

*Based upon a survey of prominent U.S. doll dealers in June, 1989.

THE ASHTON-DRAKE GALLERIES

DETACH, COMPLETE, AND MAIL

"LOVING STEPS" RESERVATION CERTIFICATE

ail to:
HE ASHTON-DRAKE GALLERIES
2 West Superior Street
ıicago, Illinois 60610-9948

ES, please enter my reservation for "Loving Steps" om *Sandra Kuck's Precious Memories of Motherhood* llection. Limit: One set of dolls per customer.

ınderstand that I need SEND NO MONEY NOW. will pay for "Loving Steps" in four convenient onthly installments of $31.25* each, the first ing billed before shipment.

PLEASE RESPOND BY:
February 15, 1990

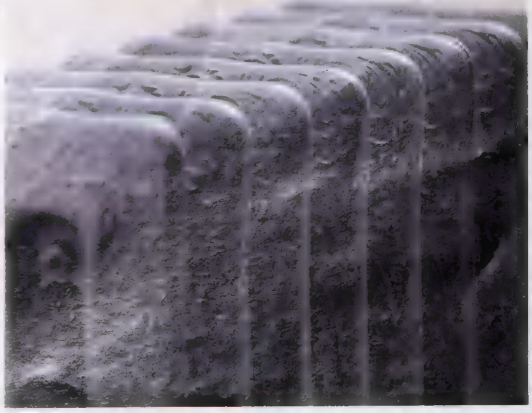
X _____
Signature

Name (please print) _____

Address _____

City _____ State _____ Zip _____

*Plus $4.88 home delivery fee and any applicable state sales tax.
Offer valid in the U.S. only. Please allow 4 to 6 weeks for delivery. 76221-D88038



CLEANUP ON THE HOME FRONT

...IT COULD BE YOUR EASIEST-TO-KEEP NEW YEAR'S RESOLUTION. HERE, FIRST-AID TIPS FOR GETTING YOUR HOUSE ITS HEALTHIEST AND MOST COMFORTABLE BEST



There are basic advantages to living in an older home like the Hunters'. For instance, most were built with natural woods and have walls of plaster, not drywall (which can contain toxic adhesives). Don't despair, though, if you own a newer home: ■ Track down all pressed wood—today's popular building material—including plywoods and particleboard. These woods contain formaldehyde and emit toxic fumes. Pressed wood is often used for cabinets and countertops—look up under the sink to see (tip: it gives off a sweet-smelling odor). Seal exposed surfaces using a sealant without solvents, such as those made by Valspar. ■ Forced-air heating systems make for especially dry conditions. Up the indoor humidity with an ultrasonic humidifier, cleaning it and changing the water daily.

ALL HOMES (AND THEIR INHABITANTS!) BENEFIT FROM:

■ **Good ventilation** Number one for clean air: Check for asbestos. The government's EPA Asbestos Hotline gives information on where to look for asbestos and what to do if you find it (202-554-1404). The Hunters bravely get along without air-conditioning and count on open windows and lots of shade from surrounding trees to cool and air the house. Window exhaust fans also help.



■ **Testing the waters** Your water supply could be loaded with contaminants, including bacteria, pesticides, industrial runoff and lead. It is expensive to test for all the possible contaminants, so Linda installed a basic charcoal-activated filter (about $160) that acts on the most common ones. In addition, she had a licensed company test specifically for lead, which leaches from lead pipes and connectors. If your water is lead-contaminated and you're on a public system, find out if the supplier is remedying the problem. If you own a well, you can treat the water yourself.

■ **The ridding of radon** A naturally occurring gas found in soil, radon is a known carcinogen that gets into a house via the basement. Find out the level of radon in your house. Call the EPA (800-SOS-RADON) for testing referrals. Reduce exposure by sealing cracks in the foundation floor and walls, covering exposed earth in the basement with concrete, and providing proper ventilation, including basement windows and crawl spaces.



■ **Recycling** Buy products packaged in biodegradable wrapping; ask for groceries to be bagged in paper.

■ **Color by mood** Don't discount the effect color can have on your psyche. Bright, warm hues (reds, yellows) prompt activity, so use them in public areas of the house. Cool tones (blues and greens) are soothing shades, best for private areas.

■ **Beyond the four walls** Linda's furnishings are made of solid woods; cushions, curtains and rugs are all natural fibers. Some synthetics are highly flammable and produce asphyxiating fumes when they burn.

■ **Stowaways** A locked backyard shed gets potentially hazardous materials, such as paints and automotive supplies, out of the house and provides storage.

■ **A little luxury** For the Hunters, luxury is a redwood sauna. Linda finds that it eases the symptoms of colds as well as relaxes and de-stresses. ■



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Why wait for a quiet dishwasher? Whirlpool has it today.

The day may come when all dishwashers will let you enjoy a chat on the kitchen phone. But this Whirlpool® dishwasher will let you do it today.

Our Quiet Wash™ dishwasher has a quieter motor, a redesigned pump and a lined door that reduces sound from inside the tub. Then it's wrapped with an extra layer of sound-absorbing insulation. It's so quiet, we guarantee it.*

But this dishwasher also has a Power Clean™ system that gets dishes really clean. A Pots and Pans cycle that handles the tough stuff. A China/Crystal cycle that almost hand-washes delicate items. And a process that cleans the water, so it can really clean dishes.

And since we believe a dishwasher should be seen and not heard, our black-glass model is the latest in styling.

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*If you're not satisfied with how quietly our Quiet Wash dishwasher runs, or we'll give you your money back within the first 30 days, finance charges not included.

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If You Want Soft, Chewy Chocolate Chip Cookies So Badly You Can Almost Taste It, Bite Out This Recipe and Start Baking.



The Ultimate Chocolate Chip Cookies

- ¾ cup Butter Flavor Crisco
- 1¼ cups firmly packed brown sugar
- 2 tbsps. milk
- 1 tbsp. vanilla
- 1 egg
- 1¾ cups all-purpose flour
- 1 tsp. salt
- ¾ tsp. baking soda
- 1 cup semi-sweet chocolate chips
- 1 cup pecan pieces

Heat oven to 375°F. Cream Butter Flavor Crisco, b sugar, milk and vanilla in large bowl. Blend until cr Blend in egg. Combine flour, salt and baking soda Add to creamed mixture, gradually. Stir in cho chips and nuts. Drop rounded *tablespoonfuls* 2 measuring tablespoons) of dough 3 inches a ungreased baking sheet. Bake at 375°F. 8 minutes for chewy cookies, 11 minutes for crisp cookies. C baking sheet 2 minutes. Re to cooling rack. Ma dozen co

©1989 The Procter & Gamble Co.

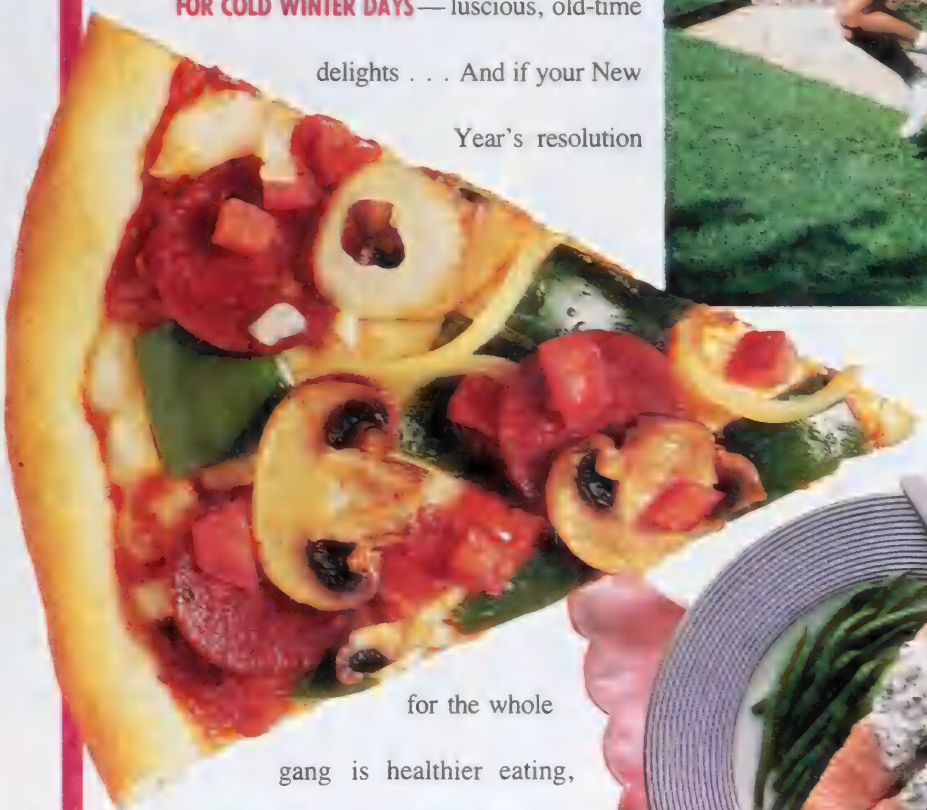
Butter Flavor Crisco. The Recipe for Success.

FOOD JOURNAL

LADIES' HOME JOURNAL TRIPLE-TESTED RECIPES

How to rev up after the holidays? With super nutrition, perfect-for-winter meals and scrumptious desserts. Who could ask for anything more? . . . Love pizza? Who doesn't! Our classic and gourmet recipes for everyone's favorite fast food just happen to be **EASY AS PIE** . . . Top off a meal (or take the chill off a winter night) with **WARM DESSERTS FOR COLD WINTER DAYS**—luscious, old-time delights . . . And if your New Year's resolution for the whole gang is healthier eating, **THE LOWER-YOUR-CHOLESTEROL DIET** is just what the doctor ordered. A whole month of great food for the beginning of a great new decade!







EASY AS PIE



MAMMA MIA, WHAT PERFECT PIZZA! OUR SUPER-SPEEDY PIES RANGE FROM THE CLASSIC TO AU COURANT. DELIZIOSO!

Photos, Thom DeSanto; food stylist, A.J. Battifarano.



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1 can (6 oz.) *Del Monte*® Tomato Paste
3 ozs. water

Combine ingredients in saucepan; bring to boil. Reduce heat; simmer five minutes. Garnish with parsley if desired.

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I EASY AS PIE

continued

Easy | Challenging | Moderate | (M) Microwave

)P THESE!

have pizza in thirty minutes or less (faster an it can be delivered), start with one of e following doughs. We have tested the zzas with each of the following crusts and t great tastes every time.

EFRIGERATED PIZZA CRUSTS A pre-lled crust available in a 10-oz. can in the frigerated section of the supermarket. To e, just unroll and press into the pan.

EFRIGERATED PIZZA DOUGH A pre-ckaged ball of dough ready to be pressed rolled into a crust. Available in the refrig-ated section of the supermarket or check th your local bakery or pizzeria—some ll dough.

REFORMED PIZZA CRUST A partially ked product available in white or whole heat, it can be found in the refrigerated or ead section of your supermarket.

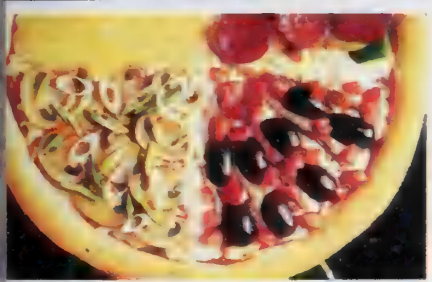
You might want to try these crusts when u have more time:

OT ROLL MIX Prepare mix according to ckage directions; cut dough in half to ake two 12-inch pizzas.

ROZEN BREAD DOUGH Thaw 1 pound ugh in refrigerator overnight (we don't commend thawing in the microwave). Cut ugh in half to make two 12-inch pizzas.

ROM-SCRATCH DOUGHS Recipes follow the next page.

ZZA FOUR WAYS



your family can never decide on one nd of pizza, pick four favorite top-ngs—one for each quarter of the pie.

ep time: 15 minutes
king time: 20 minutes

Prepared dough for 12-inch pizza
cup prepared pizza sauce
cup shredded mozzarella cheese
cup freshly grated Parmesan cheese

ppings
¼ cup shredded fontina cheese
4 anchovy fillets, halved lengthwise
4 ripe olives, quartered
⅓ cup thinly sliced mushrooms
1 green onion, sliced ¼ inch thick
¼ cup thinly sliced onion
6 slices pepperoni
¼ cup green pepper, cut into 1-inch squares
2 tablespoons diced, seeded plum tomatoes

Preheat oven to 425°F. Lightly oil 12-inch pizza pan. Shape dough into 12-inch circle and press into pan; prick with fork. Bake 5 to 10 minutes, until lightly browned. Spread pizza sauce evenly over crust. Sprinkle 1 cup mozzarella and ¼ cup Parmesan evenly over sauce. Divide pizza into quarters and add choice of toppings as desired. Bake 8 to 10 minutes, until cheese is melted. Makes 4 servings.

Nutrition info per serving: 400 calories, 20 gm protein, 18 gm fat, 36 gm carbohydrates, 974 mg sodium, 43 mg cholesterol.

BROCCOLI RABE PIZZA



A member of the cabbage family, broccoli rabe (also known as rape or rapini) should be blanched before adding to the pizza.

Prep time: 15 minutes
Baking time: 20 minutes

Prepared dough for 12-inch pizza
1 tablespoon extra-virgin olive oil
2 teaspoons minced garlic
Pinch red pepper flakes
6 cups coarsely chopped broccoli rabe, stems removed, or 1 package (10 oz.) frozen kale, thawed and squeezed dry
¾ cup ricotta cheese
¼ cup freshly grated Parmesan cheese
2 tablespoons chopped parsley
¼ teaspoon salt
¼ teaspoon freshly ground pepper
4 ounces hot Italian sausage, cooked and crumbled (optional)

Preheat oven to 425°F. Lightly oil 12-inch round pizza pan. Shape dough into 12-inch circle and press into pan. Combine olive oil, garlic and pepper flakes in cup and brush on dough; prick with fork. Bake 5 to 10 minutes, until lightly browned.

Meanwhile, bring 2 quarts salted water to boil in large saucepan. Add broccoli rabe and cook until just tender, 2 minutes. Drain in colander under cold running water and squeeze dry. Combine cheeses, parsley, salt and pepper in bowl until smooth.

Remove crust from oven; sprinkle evenly with broccoli rabe and sausage if desired. Spoon ricotta mixture on top. Bake 10 minutes more or until cheese is melted and broccoli is hot. Makes 4 servings.

Nutrition info per serving: 335 calories, 16 gm protein, 12 gm fat, 39 gm carbohydrates, 658 mg sodium, 19 mg cholesterol.

DEEP-DISH PIZZA WITH SAUSAGE



Get out your cast-iron skillet for this favorite—and famous—pizza that originated in Chicago.

Prep time: 15 minutes
Baking time: 20 minutes

Prepared dough for 12-inch pizza
⅓ cup prepared pizza sauce
¼ pound sweet Italian sausage
¼ pound hot Italian sausage
1 cup shredded mozzarella cheese
¼ cup freshly grated Parmesan cheese
1 tablespoon chopped parsley

Preheat oven to 425°F. Lightly oil 10-inch cast-iron skillet. Press dough along bottom and up sides of skillet to make raised edge. Bake 8 to 10 minutes, until lightly browned.

Meanwhile, remove sausage from casings and cook in small saucepan over medium heat 5 to 7 minutes, until completely cooked; drain. Remove crust from oven and prick any air bubbles with fork. Pour pizza sauce evenly over crust. Sprinkle sausage, then cheeses on top. Bake pizza in skillet 10 minutes more until cheese is melted. Sprinkle with chopped parsley. Makes 4 servings.

Nutrition info per serving: 440 calories, 23 gm protein, 22 gm fat, 35 gm carbohydrates, 1,026 mg sodium, 59 mg cholesterol.

THREE-PEPPER PIZZA



The onions are sautéed slowly to bring out their sweetness. Many people find the red, orange and yellow peppers sweeter and more digestible than their green cousins.

(continued)

EASY AS PIE
continued

Prep time: 10 minutes
Baking time: 15 to 20 minutes

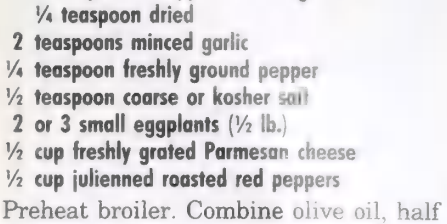
- Prepared dough for 12-inch pizza
- 1 red pepper
- 1 yellow pepper
- 1 orange pepper
- ½ cup freshly grated Parmesan cheese, divided
- ¼ cup shredded mozzarella cheese
- 1 tablespoon olive oil
- 2 cups thinly sliced red onions
- ½ teaspoon thyme
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper

Preheat oven to 425°F. Lightly oil 12-inch pizza pan. Shape dough into 12-inch circle and press into pan; prick with fork. Core peppers and slice into ⅛-inch-thick rings. Sprinkle half the Parmesan over dough. Arrange pepper rings on top, alternating colors. Bake 10 minutes, until crust is lightly browned.

Meanwhile, heat oil in medium skillet over medium-high heat. Add onion, thyme, salt and pepper. Cook until onion is translucent, about 5 minutes. Remove pizza from oven and sprinkle onion evenly over top, then remaining ¼ cup Parmesan and the mozzarella. Bake 8 to 10 minutes more, until cheese is melted. Makes 4 servings.

Nutrition info per serving: 333 calories, 14 gm protein, 12 gm fat, 41 gm carbohydrates, 870 mg sodium, 15 mg cholesterol.

EGGPLANT-ROASTED RED PEPPER PIZZA



This pizza was adapted from our friends George Germon and Johanne Killeen, owners of the Al Forno restaurant, in Providence, Rhode Island.

Prep time: 20 minutes
Baking time: 10 to 15 minutes

- Prepared dough for 12-inch pizza
- 2 tablespoons olive oil
- 2 tablespoons chopped fresh sage or ¼ teaspoon dried
- 2 teaspoons minced garlic
- ¼ teaspoon freshly ground pepper
- ½ teaspoon coarse or kosher salt
- 2 or 3 small eggplants (½ lb.)
- ½ cup freshly grated Parmesan cheese
- ½ cup julienned roasted red peppers

Preheat broiler. Combine olive oil, half the sage and the garlic, pepper and salt. Slice eggplants lengthwise ¼ inch thick. Brush with half the oil mixture. Place on foil-lined baking sheet. Broil eggplant 3 to 4 minutes, until lightly browned. Turn, brush with remaining oil. Broil 3 to 4 minutes more. Set aside.

Reduce oven temperature to 425°F. Lightly oil 12-inch pizza pan. Shape dough into 12-inch circle and press into pan; prick with fork. Bake 8 to 10 minutes, until lightly browned. Sprinkle with Parmesan. Arrange eggplant and red peppers on top. Sprinkle with remaining sage. Bake 5 minutes more or until hot. Makes 4 servings.

Nutrition info per serving: 326 calories, 12 gm protein, 14 gm fat, 37 gm carbohydrates, 753 mg sodium, 10 mg cholesterol.

PIZZA WITH THE WORKS

Be inventive—add all the toppings you like to this traditional tomato-based, loaded pizza pie.

Prep time: 15 minutes
Baking time: 20 minutes

- Prepared dough for 12-inch pizza
- ⅓ cup prepared pizza sauce
- 1 cup shredded mozzarella cheese
- ¼ cup freshly grated Parmesan cheese
- 2 ounces sliced pepperoni sausage
- 1 green pepper, cut into 1-inch chunks
- ½ cup thinly sliced onion
- ½ cup sliced mushrooms
- ½ cup seeded, diced plum tomato

Preheat oven to 425°F. Lightly oil 12-inch round pizza pan. Shape dough into 12-inch circle and press into pan; prick with fork. Bake 5 to 10 minutes, until lightly browned. Remove crust from oven and spread evenly with pizza sauce. Sprinkle with mozzarella and Parmesan, then top with pepperoni, green pepper, onion, mushroom and tomato. Bake 10 minutes more, or until cheese is melted and vegetables are tender. Makes 4 servings.

Nutrition info per serving: 395 calories, 18 gm protein, 18 gm fat, 38 gm carbohydrates, 935 mg sodium, 38 mg cholesterol.

HOMEMADE PIZZA DOUGH

This fastest homemade dough ever makes a deliciously chewy crust with a crisp bottom.

Prep time: 20 minutes

- 1 package (¼ oz.) rapid-rise yeast
- ¼ teaspoon sugar
- ½ cup warm water (105°F. to 115°F.)
- 1½ cups all-purpose flour
- 1 teaspoon salt
- 1½ teaspoons olive oil or vegetable oil

Dissolve yeast and sugar in water in small bowl; let stand 2 minutes. Place flour and salt in food processor fitted with a steel blade. Pulse twice to combine. Add yeast mixture and combine with on-off turns until just moistened. With machine running, pour through feed tube and process just til dough begins to leave sides of w bowl and form a ball. On ligl floured surface knead dough u smooth and elastic, 1 minute. F into a ball and place in oiled b turning to oil top. Cover and let ris warm draft-free place until double bulk, 15 to 20 minutes. Shape and ceed with pizza recipe as direc Makes one 12-inch crust.

WHOLE WHEAT PIZZA DOUGH

If you're feeling the urge for hea pizza, this whole grain crust has a d ciously nutty flavor.

Prep time: 25 minutes

- 1 package (¼ oz.) rapid-rise yeast
- 1 teaspoon honey
- ½ cup warm water (105°F. to 115°F.)
- ¾ cup whole wheat flour (or ½ cup whole wheat flour and ⅓ cup oat bran)
- ¾ cup all-purpose flour
- 1 teaspoon salt
- 1½ teaspoons olive or vegetable oil

Dissolve yeast and honey in water small bowl; let stand 2 minutes. Pl flours and salt in food processor fit with a steel blade. Pulse twice to c bine. Add yeast mixture and comb with on-off turns until just moisten With machine running, pour through feed tube and process just til dough begins to leave sides of w bowl and form a ball. On ligh floured surface knead dough u smooth and elastic, 1 minute. Fo into a ball and place in oiled bo turning to oil top. Cover and let rise warm draft-free place until doubled bulk, 20 to 25 minutes. Shape and p ceed with pizza recipe as direct Makes one 12-inch crust.

Recipes developed by Carol Prager a Julia Pemberton.

Journal Shopping Cente

BEAUTY AND FASHION JOURNAL
Page 28: Top—jacket, Adrienne Vittadini; rings, Angela C mings; bracelet, Les Bernard; earrings, Les Bernard. Middl blouse and jacket, Liz Claiborne; earrings, Les Bernard; pea Monet; gold chains, Miriam Haskell. Bottom—sweater, A Klein; earrings and cuff, Hans Appenzeller. **Page 32:** Righ coat, DKNY.
ALL GROWN UP
Pages 102-103: Woman—white cotton T-shirt, Agnes B.; l gings, Dance France. Baby—underwear, Hanes. **Pages 1 105:** Left—pantsuit, blouse and gloves, Isaac Mizrahi; ne laces, Craft Caravan; scarf, Emporio Armani; earrings, Common Ground, NYC; bag, Luc Benoit. Right—(top left) turt neck, and blazer, Harve Benard; rings, Craft Caravan; earri Monet; (top right) sweater, N.Peal; brush, Koh-I-Noor; earrin M&J Savitt; bracelets, M&J Savitt; jeans, Calvin Klein. Mid left—(far left) earrings, Fortunoff; watch, Seiko; (right) ta Agnes B.; necklace, Gregg Wolfe; cuff and ring, Fortunoff. M dle right—T-shirt, J.Crew; cardigan, N.Peal; leggings, Do necklace, Ben-Amun; cuff, Fortunoff; watch, Seiko; ring, Mish Mishon. Bottom—sweater, Emporio Armani. **Pages 106-1** Left—all clothes, DKNY. Top right—leotards, Marika; ca pants, Dance France; sneakers, Keds. Middle—bra, Christ Dior; pants, J.G. Hook. Bottom left—bathrobe, Stan Herm Studio. Right—pantsuit, OMO Norma Kamali; necklace, M Savitt. **Page 108:** Top right—blazer and bloure, Emporio mani; earrings, Monet. Middle left—(woman) sweater, N.Pe necklace, Craft Caravan; rings, Craft Caravan. (Maile) sh J.Crew; sweater, Benetton; watch, Time Will Tell; bandan The Honey Collection; glasses, Shady Character, NYC.



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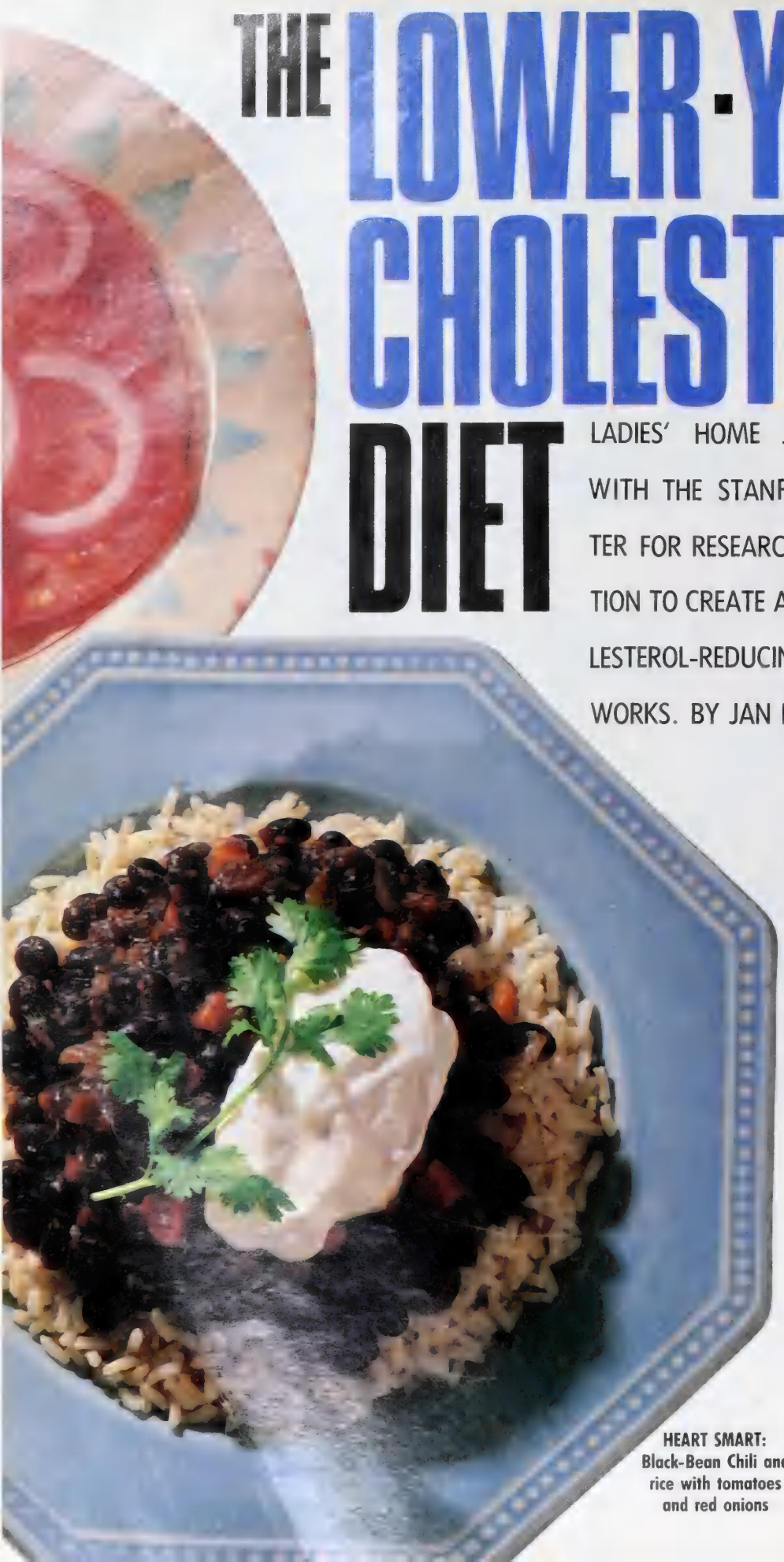


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THE LOWER-YOUR-CHOLESTEROL DIET

LADIES' HOME JOURNAL TEAMED UP WITH THE STANFORD UNIVERSITY CENTER FOR RESEARCH IN DISEASE PREVENTION TO CREATE A FAMILY-TESTED, CHOLESTEROL-REDUCING DIET THAT REALLY WORKS. BY JAN HAZARD, FOOD EDITOR



HEART SMART: Black-Bean Chili and rice with tomatoes and red onions

Last spring when Linda Schneller, of Los Altos, California, spotted an ad in her kids' school newsletter for a family to go on a new cholesterol-lowering diet, she crossed her fingers and called immediately. She had just had the family's cholesterol tested, and while she and her two children, Stacey now fourteen, and Cas, now eleven, had relatively good cholesterol levels (205, 183 and 195, respectively), her husband, Chad, forty-seven, was in the danger zone, with a high count of 252. Linda was alarmed and began encouraging her family to eat healthier foods, but, she admits, "We're just too busy. Chad's job as a senior vice-president for a computer company in-



Photos, far left, Carin and David Riley; prop stylist, Susan Byrnes; food stylist, Helen Taylor Jones. Other photos, Pam Barkentin-Blackburn; hair and makeup, Wendy Osmundson for Cloutier.



These days Linda Schneller cooks only low-cholesterol meals. Besides eating right, the whole family's into fitness: Husband Chad cycles at the gym, and son Cas is on a local soccer team

volves lots of traveling, and the kids have their after-school activities—we're lucky if we eat two meals a week together."

ALL IN THE FAMILY

To Linda's delight, her family was chosen for the diet. The Schnellers went to Stanford and met with Gene Spiller, Ph.D., a clinical nutritionist, and Liz Cragen, R.D., a dietitian who would guide them through the diet for the next four months. Liz asked the Schnellers to write out their diet goals (a behavior-modification technique) and to keep a diary of their daily intake. They all had their blood drawn and were sent home with menus supplied by *LHJ* and approved by Dr. Spiller and John Farquhar, M.D., director of Stanford's Center for Research in Disease Prevention.

A GOOD FOOD PLAN

The Schnellers were enthusiastic and vowed to stick to the diet—which Linda renamed their good food plan. They took the menus with them on vacation last summer and followed the dietitian's guidelines on how to order when eating out. They also started exercising in earnest. Although the kids have their school sports, Linda and Chad needed to put together a fitness routine—so he joined the local Y, and she began



walking and riding a stationary bike at home.

HEART-HEALTHY AT LAST

Success! After just four months, Chad lowered his cholesterol to a just-about-perfect 201, and Linda reduced hers to 199. According to the American Heart Association, adults can significantly reduce their risk of coronary heart disease by keeping their levels under 200. The kids did a super job, too: Stacey's cholesterol is now 142 and Cas's, 135. This is well below the level at which the American Academy of Pediatrics *(continued)*



CHOLESTEROL
continued

suggests dietary counseling for children. Not only did the whole family lower their cholesterol levels, but they learned a lot about nutrition and healthful food choices. Cas now eats turkey sandwiches instead of salami, and Chad admits he's never felt better. Bravo!

LATEST CHOLESTEROL NEWS

There has been controversy recently about whether cholesterol should be such a sweeping nationwide concern, because it's only one of three crucial factors that potentially leads to heart disease. (The other two are smoking and high blood pressure.) But high cholesterol is not an advantage, so keep an eye on what you eat, and have your cholesterol levels checked as often as your doctor deems necessary. Coming up, recipes that are great for lowering cholesterol and are low-fat and low-cal, too.

HERE, TWO WEEKS' WORTH OF DINNER MENUS. WE'VE INCLUDED GENERAL GUIDELINES TO FOLLOW FOR THE REST OF THE DAY.

BREAKFASTS

Always eat breakfast. Choose one of the following and complete the meal with juice or fruit and nonfat milk or yogurt.

- **Hot cereal (1 cup cooked), such as oatmeal, oat bran, cream of wheat.**
- **Cold cereal, such as bran cereals, unsweetened whole grain cereals, Cheerios (see individual packages for serving size).**
- **Oat-bran muffin for an on-the-run breakfast. Make a batch, freeze extras. If you buy muffins, watch out for fat—get nutritional info from the bakery.**
- **Breads for toast; best are whole grain (with 1 gram fat or less), pita pockets, plain or whole wheat English muffins and bagels. Top with fruit butters or fruit spreads.**

LUNCH

- **For sandwiches, choose whole grain breads with less than 1 gram fat per serving. Use sliced apples, tomatoes or cucumbers to make sandwiches moist and tasty.**
- **Avoid processed meats such as bologna, salami and liverwurst—they are high in cholesterol and sodium.**
- **Try these sandwich ideas: sliced turkey or chicken breast, lettuce, tomato, radish; water-pack tuna, yogurt, chopped apple; chopped lean ham, chopped pepper, sprouts, mustard; chopped hard-cooked egg whites, diced celery, diced tomato, buttermilk dressing; lean roast beef, shredded carrot and lettuce, horseradish.**

DAY 1

***Lemon Roast Turkey (3 oz.)**
Steamed green beans and carrots (½ cup)
Barley with celery
Raspberry sorbet (½ cup)
***Recipe given**

LEMON ROAST TURKEY



Prep time: 15 minutes
Cooking time: 4 hours

- **2 medium onions, quartered**
- **2 medium carrots, cut into 1-inch chunks**
- **1 celery rib, cut into 1-inch chunks**
- **1 whole turkey (12 lb.), thawed if frozen**
- **Salt and freshly ground pepper**
- **4 lemons, pierced all over**
- **4 parsley sprigs plus ½ cup chopped parsley**
- **1 tablespoon minced shallots**
- **1 teaspoon thyme**
- **2 teaspoons olive oil, divided**

Remove turkey from refrigerator 1 hour before roasting.

Preheat oven to 325°F. Place onions, carrots and celery in bottom of roasting pan. Reserve giblets (except liver) for Turkey Soup (recipe follows). Sprinkle inside cavity of turkey with salt and pepper. Place 1 lemon in neck cavity; fold skin over back of turkey and secure. Place 3 lemons in body cavity with parsley sprigs.

Combine chopped parsley, shallots, 1 teaspoon olive oil, the thyme and ¼ teaspoon *each* salt and pepper. Carefully push mixture under breast skin. Tie legs together with string. Rub remaining 1 teaspoon oil over turkey; place turkey on vegetables in pan.

Roast 4 hours or until meat thermometer inserted into inner thigh registers 180°F. Transfer to platter and let stand 15 minutes before carving.

Nutrition info per 3-ounce portion: 150 calories, 25 gm protein, 4 gm fat, 0 gm carbohydrates, 82 mg sodium, 66 mg cholesterol.

To make pan juices: Add ½ cup water to roasting pan. Bring to boil, scraping up browned bits from bottom of pan. Strain, pressing vegetables in sieve to release juices; discard vegetables. Skim fat. Makes 1¾ cups.

Nutrition info per tablespoon: 10 calories, 0 gm protein, 0 gm fat, 2 gm carbohydrates, 6 mg sodium, 0 mg cholesterol.

DAY 2

***Turkey Soup (1½ cups)**
***Oat-Bran Muffin**
Sliced kiwifruit (1)

TURKEY SOUP



Prep time: 20 minutes plus chilling
Cooking time: 2½ hours

- **8 cups cold water**
- **Turkey carcass and giblets (from Lemon Roc Turkey)**
- **2 onions, halved, plus 1 cup diced onions**
- **2 carrots, sliced 1 inch thick, plus 1 cup diced car**
- **1 celery rib, sliced 1 inch thick**
- **2 parsley sprigs**
- **Pinch thyme**
- **6 peppercorns**
- **1 teaspoon olive oil**
- **1 cup *each* diced onions and carrots**
- **1 teaspoon minced garlic**
- **1 can (14 oz.) plum tomatoes, drained**
- **2 cups cooked turkey**
- **1 cup cooked rice**
- **3 tablespoons chopped parsley**

Place water, turkey carcass, gible onions, sliced carrots and celer parsley, thyme and peppercorns stockpot. Bring to boil; skim foam, th reduce heat and simmer uncovered hours. Strain; discard vegetables. R frigerate broth overnight; skim fat.

Heat oil in saucepot over mediu heat. Add diced onions and carro cook until softened, 5 minutes. A garlic and cook 30 seconds. Add bro and cook until reduced to 6 cups. S in tomatoes, turkey and rice; cook minutes. Add parsley. Makes 9 cups

Nutrition info per 1½ cups: 210 calories, 16 protein, 6 gm fat, 23 gm carbohydrates, 155 sodium, 36 mg cholesterol.

OAT-BRAN MUFFINS

Prep time: 15 minutes
Baking time: 20 minutes

- **1½ cups oat bran**
- **¾ cup all-purpose flour**
- **½ cup sugar**
- **1 tablespoon baking powder**
- **¼ teaspoon *each* salt, cinnamon and allspice**
- **½ cup skim milk**
- **1 large egg**
- **1 large egg white**
- **¼ cup raisins soaked in ¼ cup hot water**
- **2 tablespoons vegetable oil**

Preheat oven to 400°F. *(continue*

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■ CHOLESTEROL
continued

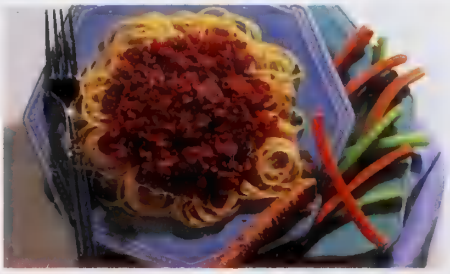
small bowl. Arrange fillets alternately with broccoli on 12 or 13-inch round microwaveproof plate, leaving cente open. Pour lemon mixture over fish and broccoli. Cove with plastic wrap; vent. Microwave on High 3 minutes rotate plate and microwave 3 minutes more or until fish i just opaque. Let stand 3 minutes. Makes 4 servings.

Nutrition info per serving: 175 calories, 26 gm protein, 5 gm fat, 8 g carbohydrates, 278 mg sodium, 54 mg cholesterol.

DAY 7

***Spaghetti (2 oz. dry) with Meat Sauce (½ cup)**
Sesame breadsticks (2)
Celery/carrot sticks
Frozen juice bar or Popsicle

SPAGHETTI WITH MEAT SAUCE



Prep time: 5 minutes Cooking time: 20 minutes

- ½ pound lean ground beef or turkey
- 1 teaspoon minced garlic
- ¼ teaspoon red pepper flakes (optional)
- 2 cups Basic Tomato Sauce (recipe follows)
- ½ cup low-sodium beef broth
- ½ teaspoon fennel seeds
- ½ pound spaghetti, cooked according to package directions
- ¼ cup freshly grated Parmesan cheese

Combine ground beef with garlic and red pepper in skille cook over medium heat, stirring and breaking up mea with wooden spoon, until no longer pink. Pour off dri pings. Stir in tomato sauce, broth and fennel. Bring to boi reduce heat and simmer 15 minutes. Serve with spaghett sprinkle Parmesan on top. Makes 4 servings.

Nutrition info per serving: 400 calories, 21 gm protein, 11 gm fat, 52 g carbohydrates, 500 mg sodium, 39 mg cholesterol.

BASIC TOMATO SAUCE

Prep time: 10 minutes Cooking time: 35 minutes

- 1½ teaspoons olive oil
- 1 cup chopped onions
- ½ cup finely chopped carrots
- 1½ teaspoons minced garlic
- 2 cans (28 oz. each) crushed tomatoes
- 1 can (15 oz.) tomato puree
- 2 tablespoons chopped parsley
- 1 teaspoon sugar or to taste
- ½ teaspoon salt
- ¼ teaspoon *each* red pepper flakes and freshly ground pepper
- ⅛ teaspoon *each* thyme and oregano

Heat oil in Dutch oven over medium-high heat. Add onion and carrots; cook, stirring frequently, until soft, 10 mir utes. Stir in garlic and cook 30 seconds. Stir in remainin ingredients. Bring to boil; reduce heat and simmer unco ered, stirring occasionally, until slightly thickened, 2 minutes. *(Can be made ahead. Spoon into 2-cup freeze proof containers and freeze up to 3 months.)* Makes 8 cup

Nutrition info per ½ cup: 45 calories, 2 gm protein, 1 gm fat, 9 gm carbohydrates, 353 mg sodium, 0 mg cholesterol.

DAY 8

Lean beef filet steaks (3 oz.) with onions and mushrooms (½ cup each)
***Oven Fries**
Tossed salad with *Buttermilk Dressing (2 Tb.)
Baked apple

OVEN FRIES



Prep time: 5 minutes Cooking time: 15 to 20 minutes

2 large baking potatoes, cut into ¼-inch sticks
1 tablespoon vegetable oil
¼ teaspoon salt

Preheat oven to 500°F. Spray cookie sheet with vegetable cooking spray. Toss potatoes with oil; arrange in single layer on cookie sheet. Bake 15 to 20 minutes, tossing occasionally. Sprinkle with salt. Makes 4 servings.

Nutrition info per serving: 115 calories, 2 gm protein, 4 gm fat, 19 gm carbohydrates, 143 mg sodium, 0 mg cholesterol.

BUTTERMILK DRESSING

Total prep time: 5 minutes

½ cup buttermilk
1 tablespoon red wine vinegar
1 teaspoon Dijon mustard
½ teaspoon *each* minced garlic and freshly ground pepper
¼ teaspoon salt
3 green onions, minced

Whisk all ingredients in bowl. Makes ¾ cup.

Nutrition info per tablespoon: 5 calories, 0 gm protein, 0 gm fat, 0 gm carbohydrates, 68 mg sodium, 0 mg cholesterol.

DAY 9

***Black-Bean Chili with brown rice (½ cup)**
Sliced tomato (½) with red onion
Water-packed peaches (½ cup)

BLACK-BEAN CHILI

Prep time: 10 minutes plus soaking
Cooking time: 2½ hours

1 pound black or pinto beans
1 tablespoon olive oil
2 cups chopped onions
1 cup chopped carrots
3 tablespoons chili powder
1 tablespoon minced garlic
1 teaspoon cumin
½ to 1 teaspoon red pepper flakes
¼ teaspoon cinnamon
3 cans (10¾ oz. each) low-sodium chicken broth
2 cups water
2 teaspoons oregano
1 teaspoon salt
Plain nonfat yogurt and cilantro sprigs

(continued)



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Chicken Romano

2 to 2½ pounds broiler-fryer pieces
2 tablespoons vegetable oil
Salt
Pepper
1 medium onion, halved, sliced
1 bottle (12 oz) Heinz Chili Sauce
1 teaspoon dried oregano leaves
Grated Parmesan cheese



In large skillet, brown chicken in oil. Drain excess fat. Season chicken with salt and pepper; add onion. Cover; cook 30 minutes. Stir in chili sauce and oregano. Cook, uncovered, 10 minutes longer, basting frequently. Skim excess fat from sauce. Serve sauce over chicken; sprinkle with cheese. Makes 4-5 servings (about 1½ cups sauce).

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Rinse beans; discard stones. Drain. Cover beans with water in bowl and soak overnight. (To quick-soak, place in saucepot; cover with water 1 inch above beans. Heat to boil; boil 2 minutes. Cover; let stand 1 hour.) Drain.

Heat oil in Dutch oven over medium heat. Add onions and carrots; cook 10 minutes, stirring frequently. Add chili powder, garlic, cumin, red pepper flakes and cinnamon; cook, stirring, 1 minute. Add broth, beans, water, oregano and salt; bring to boil. Reduce heat and simmer partially covered 2 hours until beans are just tender. With slotted spoon, transfer 2 cups beans to medium bowl; mash with potato masher until lumpy. Return beans to remaining chili. Serve with rice, yogurt and cilantro. Makes 6½ cups.

Nutrition info per cup: 155 calories, 9 gm protein, 2 gm fat, 26 gm carbohydrates, 373 mg sodium, 0 mg cholesterol.

DAY 10

***Microwave Salmon with Cucumber Sauce**
Steamed green beans (½ cup)
Fruited gelatin (½ cup)

MICROWAVE SALMON WITH CUCUMBER SAUCE



Prep time: 15 minutes plus standing ○Ⓜ
Microwave time: 9 to 11 minutes plus standing

- ¾ cup cucumber, seeded and chopped
- ½ cup plain low-fat yogurt
- 2 tablespoons chopped parsley
- ½ teaspoon dillweed
- ¼ teaspoon salt
- ¾ pound small new potatoes, sliced thin
- 1 teaspoon olive oil
- 1 pound salmon fillet, cut into 1½-inch strips
- 2 teaspoons fresh lemon juice
- Freshly ground pepper
- Dill sprigs, for garnish

Puree cucumber, yogurt, parsley, dill and salt in blender until smooth.

Arrange potatoes slightly overlapping around edge of 12-inch round microwaveproof plate. Drizzle with oil; cover with plastic wrap; vent. Microwave on High 5 minutes. Arrange salmon pieces slightly overlapping along edge of potatoes, leaving center open. Sprinkle salmon with lemon juice; season salmon and potatoes with salt and pepper. Microwave covered on High 4 to 6 minutes more, until salmon is just opaque in center. Carefully drain excess liquid from plate. Pour some yogurt sauce on fish. Let stand covered 3 minutes. Garnish with parsley. Pass remaining yogurt sauce. Makes 4 servings.

Nutrition info per serving: 265 calories, 26 gm protein, 9 gm fat, 19 gm carbohydrates, 214 mg sodium, 64 mg cholesterol.

DAY 11

***Chicken Scaloppine**
Cooked orzo (½ cup)
Zucchini-red pepper stir-fry (½ cup)

CHICKEN SCALOPPINE



Prep time: 15 minutes ○
Cooking time: 6 minutes

- 1 large egg white
- 2 tablespoons water
- 1 cup fresh bread crumbs
- 2 tablespoons chopped parsley
- 1 teaspoon minced garlic
- ¼ teaspoon freshly ground pepper
- 4 chicken cutlets (1 lb.), pounded thin
- Salt
- 4 thin slices lean prosciutto ham (1½ oz. total)
- 2 tablespoons extra-virgin olive oil, divided
- Lemon wedges

Preheat broiler. Whisk egg white a water together in shallow dish. Co bine bread crumbs, parsley, garlic a pepper in another shallow dish.

Season chicken lightly with sa Press 1 slice prosciutto on each pie chicken. Dip in egg-white mixtu then crumbs. Place on broiler rac sprinkle with 1 tablespoon oil. Br 3 minutes; turn and sprinkle wi remaining oil. Broil 3 minut more. Serve with lemon. Makes servings.

Nutrition info per serving: 240 calories, 31 protein, 10 gm fat, 6 gm carbohydrates, 377 sodium, 73 mg cholesterol.

KNOW YOUR FAT CALORIES

Your fat intake should not exceed 30 percent of your daily calorie intake. When reading labels, look carefully at the fat content. (Avoid products made with butter, lard, animal fat, cocoa butter, palm or coconut oil, cream.) It's usually listed in grams; one gram of fat has nine calories. Protein and carbohydrates have four calories per gram. Here's a chart to help you determine fat guidelines:

calories per day	x	30% calories	=	daily fat grams
1,200		360		40
1,500		450		50
2,000		600		67
2,500		750		83
3,000		900		100
3,500		1,050		117

DAY 12

***Pork Tenderloin with Pineapple Salsa**
Steamed cauliflower (½ cup)
Stewed fruit compote (½ cup)

PORK TENDERLOIN WITH PINEAPPLE SALSA



Prep time: 10 to 15 minutes
Cooking time: 6 to 7 minutes

- 4 teaspoons olive oil, divided
- 1 large garlic clove, peeled
- ¾ pound spinach, rinsed, stems removed
- 4 teaspoons all-purpose flour
- ¾ teaspoon salt
- ¼ teaspoon *each* ground pepper and paprika
- ⅛ teaspoon ground red pepper
- ¾ pound pork tenderloin, all excess fat trimmed, sliced ½ inch thick

Heat 2 teaspoons oil in skillet ov medium heat. Add garlic and coo stirring until barely browned, about minute. Remove from skillet. A spinach leaves and cook, stirring, un wilted. Keep warm on serving platte

Mix flour, salt, pepper, paprika a red pepper in plastic bag. Add po slices and coat. Heat remaining 2 te spoons oil in skillet over high hea Add pork and sauté, turning occasio ally, just until cooked through, 4 to minutes. Arrange pork on spinach a serve with Pineapple Salsa (recipe f lows). Makes 4 servings.

Nutrition info per serving: 160 calories, 20 protein, 7 gm fat, 5 gm carbohydrates, 502 sodium, 55 mg cholesterol.

(continue



Big Raves

With Easy Little Cheese Cakes.*



MINI-CHEESECAKES

(Makes 12)

12 vanilla wafers
2 8 oz. packages cream cheese, softened
½ c. sugar
1 tsp. vanilla
2 eggs

Line muffin tin with foil liners.

Place one vanilla wafer in each liner. ◊ Mix cream cheese, vanilla and sugar on medium speed until well-blended. ◊ Add eggs. Mix well. Pour over wafers, filling ¾ full. Bake 25 min. at 325°.

Remove from pan when cool. ◊ Chill. ◊ Top with fruit, preserves, nuts or chocolate. ◊ Be creative!

*Actual size is cupcake size.

America's Dairy Farmers
National Dairy Board

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CHOLESTEROL
continued

PINEAPPLE SALSA

Total prep time: 20 minutes

- ½ teaspoons olive oil
- ⅔ cup chopped onion
- 1 small garlic clove, minced
- 1 small red pepper, chopped fine
- 1 jalapeño chili, seeded and chopped fine
- 1 teaspoon finely chopped ginger
- 2 tablespoons cider vinegar
- 4 teaspoons light brown sugar
- 4 teaspoons water
- ¼ teaspoon salt
- 1½ cups diced fresh pineapple
- 1 tablespoon chopped cilantro

Heat oil in saucepan over medium heat. Add onion and garlic; sauté until softened, about 3 minutes. Add red pepper, jalapeño and ginger; cook 1 minute more. Add vinegar, brown sugar, water and salt. Bring to boil; reduce heat and simmer 5 minutes. Remove from heat and stir in pineapple and cilantro. Cool. Makes 4 servings.

Nutrition info per serving: 80 calories, 1 gm protein, 3 gm fat, 15 gm carbohydrates, 139 mg sodium, 0 mg cholesterol.

DAY 13

***Manicotti**
Medley of steamed vegetables (½ cup)
Fresh grapes (½ cup)

MANICOTTI



Prep time: 20 minutes
Cooking time: 15 minutes

- 1 container (15 oz.) part-skim ricotta cheese
- ¼ cup chopped fresh parsley
- 3 tablespoons grated Parmesan cheese, divided
- 2 tablespoons dry unflavored bread crumbs
- 2 large egg whites, beaten
- ½ teaspoon minced garlic
- ¼ teaspoon *each* salt and freshly ground pepper
- 1 box (8 oz.) manicotti or large shells, cooked
- 2 cups Basic Tomato Sauce (page 134), divided

Preheat oven to 450°F. Combine first 8 ingredients in medium bowl. Spoon filling sparingly into each manicotti.

Spread ½ cup tomato sauce in bottom of 13x9-inch baking pan. Arrange manicotti on top. Spread remaining 1½ cups sauce over manicotti and sprinkle with remaining 1 tablespoon Parmesan. Cover and bake 15 minutes. Makes 4 servings.

Nutrition info per serving: 440 calories, 25 gm protein, 11 gm fat, 60 gm carbohydrates, 759 mg sodium, 37 mg cholesterol.

DAY 14

***Chicken Couscous**
Romaine lettuce with sliced oranges
Pita bread (½)
Angel food cake (1-inch slice)

CHICKEN COUSCOUS



Prep time: 15 minutes
Cooking time: 25 minutes

- 1 pound boneless, skinless chicken breasts, cut into 1-inch strips
- Salt and freshly ground pepper
- 1 tablespoon olive oil
- 1 cup diced carrots
- ¾ pound butternut squash, diced
- ½ cup diced onion
- 1 teaspoon minced garlic
- ½ teaspoon *each* ground ginger, cumin, coriander and paprika
- ¼ teaspoon ground red pepper
- Pinch cinnamon
- 1 can (10¾ oz.) reduced-sodium chicken broth, divided
- Water
- 1 can (14 oz.) plum tomatoes, drained
- 1 can (19 oz.) chick-peas (garbanzo beans), drained and rinsed
- ½ pound (2 small) zucchini, sliced ½ inch thick
- 1 cup couscous
- 1 tablespoon chopped parsley or cilantro

Season chicken with salt and pepper. Heat oil in skillet over medium heat. Add chicken in batches and cook until lightly browned. Transfer to platter and keep warm. Add squash, carrots and onions to skillet; cook until softened, about 5 minutes. Add garlic and spices; cook 1 minute. Add broth, ½ cup water and the tomatoes and chick-peas; simmer 10 minutes. Add zucchini; cook 3 to 5 minutes.

Bring 1¾ cups water to boil in saucepan. Add couscous; remove from heat. Cover and let stand 5 minutes.

Place couscous in center of platter, spoon on vegetable mixture and top with chicken. Sprinkle with parsley. Makes 4 servings.

Nutrition info per serving: 530 calories, 41 gm protein, 7 gm fat, 76 gm carbohydrates, 974 mg sodium, 66 mg cholesterol. ■

Oil of Olay contest rule

continued from page 35

1 Complete entire entry form. Include with form the following: o tab with Universal Product Code from any Oil of Olay skin product; ■ statement of fifty words or less on why you look grea your age; your most important skin-care tip; two current ph graphs, one full-length and one close-up (head-and-shoulder sh Photographs must be in color and no larger than 5" x 7" in size

2 Mail to: Oil of Olay/*Ladies' Home Journal* Contest, PO Box 13 Radio City Station, New York, NY 10101. All entries must received by January 31, 1990. Limit one entry per person. Spon won't be responsible for lost, misdirected, damaged or late mail photos and materials submitted become the sponsors' property will not be returned or acknowledged.

3 All original entries will be judged under the supervision VENTURA ASSOCIATES, INC., an independent judging organiza whose decisions are final. Ventura will select one hundred entrants. These entrants will be judged by a panel of exp designated by Oil of Olay and *Ladies' Home Journal*, and ten se finalists will be selected. This panel will consist of advertising, m and beauty experts. Five finalists will then be selected to com New York City for a mini-pageant. The mini-pageant will be jud by the panel of experts, and a grand-prize winner will be selec All judging by VENTURA ASSOCIATES INC. and the panel of exp will follow the same criteria. Photographs will be judged on subje youthful appearance relative to actual age (0-15 points); ove appearance and photogenic qualities (0-10 points); and judi perceptions of the skin quality, i.e., clarity, color, firmness, lines (0-10). A fifty-word statement on why you think you look g for yuor age will be judged on judges' perceptions of the effort dedication to looking younger than you are (0-10) and clarity expression (0-5). The contestant with the highest point total will v In the event that scores are tied at any point in the selection proce judges will judge the skin-care tip in order to choose winner(s). will be judged on perceived effectiveness and originality. Decision the judges are final.

4 Contest is void in Vermont and Puerto Rico. Maryland, Flo and Arizona residents need not include proof-of-purchase.

5 All ten semifinalists will receive a year's supply of Oil of O skincare products. The five semifinalists not selected as one the five finalists will each receive a cash prize of $1,000. The f finalists will receive a two-day trip to New York City to participate a grand-prize selection mini-pageant. Oil of Olay will provide rou trip air transportation, hotel accommodations and meals for e winner and husband (or an escort) for two days. All winners will c receive a professional hair and makeup makeover on the morning the mini-pageant. Restaurant, theater accommodations and a rec tion with TV-show cast members will also be included (approxim retail value, $2,500 each). The grand-prize winner will appear o popular CBS television daytime soap opera (Oil of Olay will prov round-trip transportation, hotel accommodations and meals for b the grand-prize winner and escort) and will receive a family memb ship (or membership for the winner and a friend) for one year a local health spa (or cash equivalent up to $5,000; approximate re value, $7,500). The grand prizes or any other prizes are exchangeable, refundable or transferable. There will be no substi tion of prizes except as may be necessary due to unavailabil NOTE: The grand-prize winner may be requested to participate and featured in a tour (up to five cities) to publicize the conte Transportation and meals will be provided by Oil of Olay.

6 The ten semifinalists will be notified by mail on or befo February 28, 1990, and must consent to participate in any me interviews scheduled by Oil of Olay. The five finalists must consent be available and to participate and render services in connection w a final mini-pageant to be held in New York City before March 1 1990, and to participate in photography/taping sessions and me interviews, or they will be replaced by one of the five semifinali not selected as a finalist. All entrants agree to grant to the spon of the contest the right to use their names, photographs and writ comments for any promotion, publicity and advertising on behalf Oil of Olay skin-care products in connection with the contest at additional compensation. The grand-prize winner will also ren services for additional photography/taping sessions in connect with any promotion, publicity and advertising on behalf of Oil of O for the contest, and as a participant in a tour. In the event that one the winners cannot complete all responsibilities due to pregnan illness or unacceptable change in overall appearance, one of t finalists will assume only responsibilities left uncompleted. All t semifinalists will be required to sign and return an affadavit eligibility and release within seven days of date of notification pri to receiving any prizes or being invited to New York City for fi judging. This will require submitting proof of age. A photocopy o birth certificate, driver's license or passport will be accepted as pr of age. Failure to forward completed information as required m result in forfeiture of prize, and an alternate winner may be selecte The grand-prize winner will also agree to join the Screenwriters Gu at the expense of Oil of Olay, should this be necessary.

7 Contest is open to women who are U.S. residents, age twent five or over, whether or not they've done modeling or actin Employees and their families of Meredith Corporation, Procter Gamble, CBS Inc., their respective affiliates, subsidiaries, advert ing agencies and VENTURA ASSOCIATES, INC. ■■ not eligible. federal, state and local laws and regulations apply. Contest v where prohibited or restricted by law. Taxes on prizes are winne responsibility.

8 For a list of winners, send a self-addressed, stamped envelo before March 16, 1990, to: Oil of Olay/*Ladies' Home Jour* Contest Results, PO Box 771, Lowell, IN 46399.



★ ★ ★ ★ ★

Ho ho ho, hold the heavy. And try an entree grown light, right from the garden – Garden Gourmet, from the Jolly Green Giant.® Eight light entrees loaded with the Giant's freshest vegetables, delicate sauces, and pasta or rice.

For lunch or dinner, simply slip Garden Gourmet into the microwave. Each one makes a delicious entree that's under 300 calories. So join the Giant, and take a fresh approach to eating light.



Creamy Mushroom • Fettuccine Primavera • Pasta Dijon • Pasta Florentine • Rotini Cheddar • Sherry Wild Rice • Tortellini Provencale.

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Lynn Kaatz's "Caught in the Act—The Golden Retriever"

Actual diameter: 8½ inches

©1989 Knowles®

A charming portrait of a classic breed . . . a Bradford Exchange recommendation



Moments ago the grass flew in every direction as a furry golden flash grappled with a strange new toy. But now, his master has surprised this playful pup. "Caught in the Act—the Golden Retriever," a limited-edition collector's plate presenting both the beauty and charm of a classic dog, is available now—and it looks like a smart buy. Here's why Bradford recommends it:

"Caught in the Act" is an important issue from the *Field Puppies* collection, officially sponsored by the United Kennel Club.

It's an important work of art by award-winning artist Lynn Kaatz, in his first series for the collector's plate medium. Attesting to its importance, each plate is hand-numbered and accompanied by a Certificate of Authenticity.

It has the potential to appreciate in value. The edition of "Caught in the Act" is limited to a maximum of 150 firing days. Once the edition closes, collectors' demand could exceed the supply of plates and force asking prices sky-high.

The Bradford Exchange . . . picking winners since 1973. Worldwide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with offices in the United States and nine foreign countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1978, you would have bought the first issue in the *Gone With the Wind* series, a plate that now trades at $280.00* – more than 1,000% of its $21.50 issue price. More recently, if you had acquired "The Cardinal," one of the first wildlife plates from Knowles China, you would now own a plate valued at more than triple its 1985 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is ever-changing. Not all plates go up in value; some go down. But right now, Bradford Exchange analysts rate "Caught in the Act" as one of the year's top prospects . . . and we'll back up your purchase with our 365-day money-back guarantee.

The Bradford Exchange 365-day Guarantee: Within one full year after you receive your plate, you may resell it to us if for any reason you are not completely satisfied. We will issue you a refund check (or credit your account if you paid by credit card) for everything you have paid, including postage.

To acquire "Caught in the Act" at its $24.90 issue price—backed by our 365-day guarantee – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "Caught in the Act" is now—*before* it has a chance to increase in value.

*As reported in the Bradford Exchange *Current Quotations*®, Vol. 17-2

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CAG-357

A BRADFORD EXCHANGE RECOMMENDATION APPROVED

Please respond by: January 31, 1990

"Caught in the Act"

The Bradford Exchange
Trading Floor
9345 Milwaukee Avenue
Chicago, IL 60648

Please enter my order for "Caught in the Act—the Golden Retriever." I understand I need send no money now. I will be billed the $24.90 issue price, plus $2.79 postage and handling, with shipment.

Signature

Mr. Mrs. Ms. (Circle One) Name (Please Print) ( ) Telephone

Address

City State Zip

2562-E88083





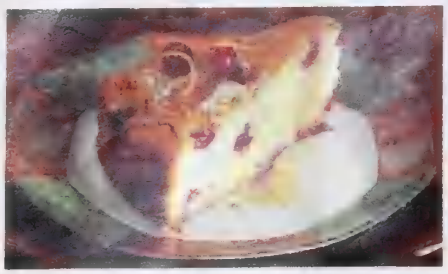
WARM DESSERTS FOR COLD WINTER DAYS

Snuggle up by the hearth with a can't-put-down novel, a mug of hot coffee and a heaping helping of Bread Pudding or Apple-Pear Brown Betty, just two of our Grandma-inspired delights to warm up your spirits this season

Photos, Mark Thomas; prop stylist, Nancy Micklin; food stylist, Dora Jonassen

WARM DESSERTS
continued

WARM CRANBERRY CAKE WITH CREAM



In summer, substitute blueberries for the cranberries, and lemon for orange.

Prep time: 25 minutes
Baking time: 45 minutes

- ½ cup butter or margarine, softened
- 1 cup plus 2 tablespoons sugar
- 2 large eggs
- 1 teaspoon grated orange peel
- 1 tablespoon fresh orange juice
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ cup milk
- 1 cup cranberries, divided

Orange Whipped Cream

- 1 cup heavy or whipping cream
- 2 tablespoons sugar
- 2 tablespoons orange-flavored liqueur

Preheat oven to 375°F. Grease 9-in springform pan. Line bottom with w paper; grease and flour paper.

Beat butter and 1 cup sugar in mi er bowl until fluffy. Add eggs one at time, beating well after each additio Add juice and peel. Combine flou baking powder and salt. Add to beate mixture alternately with milk.

Chop ½ cup cranberries and stir in batter. Pour batter into prepared pa Sprinkle batter with remaining cra berries and 2 tablespoons sugar.

Bake 40 minutes, until toothpick i serted in center comes out clean. Cool pan on wire rack 10 minutes. Remo side of pan. Serve warm with Oran Whipped Cream. Makes 10 servings.

Orange Whipped Cream: Beat crea and sugar in chilled mixer bowl wi chilled beaters until stiff. Beat in queur. Makes 2 cups.

Nutrition info per serving: 230 calories, 6 gm pr tein, 0 gm fat, 32 gm carbohydrates, 216 mg sodiu 75 mg cholesterol.

EVERYDAY CHINA



CHOW MEIN

This is what dinner should be. Delicious. And quick. La Choy® Chicken Chow Mein loaded with tender chicken and crisp vegetables. And crunchy La Choy Chow Mein Noodles. Ready in just eight minutes. It's Chinese for fast food.

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BANANA PUFF WITH CHOCOLATE SAUCE



Don't throw out those brown bananas- make this instead!

Prep time: 20 minutes
Baking time: 35 minutes

- 1 cup mashed ripe bananas
- 1 tablespoon fresh lemon juice
- 3 tablespoons butter or margarine
- ⅓ cup all-purpose flour
- ¾ cup milk, heated to boiling
- 4 large eggs, separated
- ½ cup plus 2 tablespoons sugar
- ¼ teaspoon cinnamon
- ⅛ teaspoon nutmeg

Chocolate Sauce

- ½ cup heavy or whipping cream
- 3 squares (3 oz.) semisweet chocolate
- 2 ripe bananas, sliced

Preheat oven to 375°F. Grease shallo 2-quart baking dish; sprinkle wit sugar.

Combine bananas with lemon juic set aside. Melt butter in saucepan ove medium heat. Add flour; cook, whisk ing, 1 minute. Pour in hot milk; cook whisking, until thickened. Remove fro heat. Whisk in bananas, then egg yolk ½ cup sugar and spices.

Beat egg whites in mixer bowl unt foamy. Beat in remaining sugar; co tinue beating until stiff and glossy

d half into banana mixture; gently in remaining. Pour into prepared ing dish and bake 30 minutes, unalmost firm in center. Serve immeely with chocolate sauce and sliced anas. Makes 6 servings.

colate Sauce: Combine cream and colate in small microwaveproof l; microwave on High 3 minutes, ring every minute, until smooth. kes ⅔ cup.

tion info per serving: 435 calories, 8 gm pro- 23 gm fat, 54 gm carbohydrates, 124 mg sodi- 189 mg cholesterol.

H GINGERBREAD WITH SAUTÉED APPLES



ted fresh ginger adds a new twist.

time: 30 minutes
ng time: 30 to 35 minutes

up unsulfured molasses
up buttermilk
up butter or margarine, melted
rge egg
blespoon fresh grated ginger
ups all-purpose flour
easpoon baking soda
easpoon salt

ed Apples
3 tablespoons butter or margarine
3 tablespoons firmly packed brown sugar
2 tablespoons dark rum
6 Rome apples, peeled and sliced

ped Cream
1 cup heavy or whipping cream
2 tablespoons firmly packed brown sugar
½ teaspoon vanilla extract

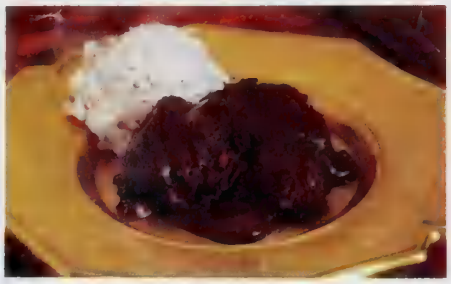
heat oven to 375°F. Grease 9-inch are baking pan. Line bottom with paper; grease and flour paper. Whisk molasses, buttermilk, butter, and ginger in large bowl until oth. Add flour, baking soda and ; whisk until smooth. Pour into ared pan. Bake 30 minutes, until hpick inserted in center comes out n. Serve with Apples and Cream. kes 9 servings.

téed Apples: Melt butter in skillet. in brown sugar and rum. Add ap- ; cook until softened, 8 minutes.

pped Cream: Beat cream, brown ar and vanilla in chilled mixer l with chilled beaters to stiff peaks.

tion info per serving: 440 calories, 5 gm pro- 20 gm fat, 62 gm carbohydrates, 344 mg sodi- 35 mg cholesterol.

BROWNIE PUDDING



As the cake bakes, a gooey pudding forms on the bottom like magic.

Prep time: 15 minutes
Cooking time: 35 minutes

1 cup all-purpose flour
½ cup granulated sugar
½ cup unsweetened cocoa, divided
2 teaspoons baking powder
¼ teaspoon salt
½ cup milk
2 tablespoons butter or margarine, melted
1 teaspoon vanilla extract
½ cup semisweet chocolate chips
½ cup firmly packed brown sugar
1¾ cups boiling water
Peppermint, coffee or vanilla ice cream

Preheat oven to 350°F. Combine flour, granulated sugar, ¼ cup cocoa, baking powder and salt in bowl. Stir in milk, butter and vanilla until smooth; stir in chocolate chips. Spread in *(continued)*

FINE CHINA



FLANK STEAK ORIENTALE

½ cup scallions
¼ cup La Choy® Soy Sauce
¼ cup dry sherry or chicken broth
2 T'bsp. peanut or vegetable oil
1 tsp. sugar
½ tsp. garlic powder
¼ tsp. pepper
1½ lbs. flank steak, pounded to ½" thick
1 (8 oz.) can La Choy Sliced Water Chestnuts, drained
1 (8 oz.) can La Choy Bamboo Shoots, drained
½ cup each: julienne-cut carrots and celery
wooden picks

In 11"x7"x2" baking dish, combine first 7 ingredients. Add steak, turning once to coat. Cover and marinate 40 minutes. In bowl, combine remaining ingredients. Remove steak from marinade. Spread half of vegetables over entire surface of steak. Starting with one long side, roll steak, jelly roll fashion, with the grain. Secure with wooden picks. Place stuffed steak back in baking dish and place remaining vegetables around the sides of meat. For medium steak, bake at 375°F for 1 hour. Baste twice during baking. Slice. Serve over noodles or rice. *Serves 6-8.*



©1988 Beatrice/Hunt-Wesson, Inc.

unpeeled shallow 1½-quart casserole. Sprinkle brown sugar and ¼ cup cocoa on top. Place in oven; pour boiling water over top. Bake 35 minutes. Cool 10 minutes before serving. Serve with ice cream. Makes 6 servings.

Nutrition info per serving (without ice cream): 350 calories, 5 gm protein, 11 gm fat, 63 gm carbohydrates, 288 mg sodium, 13 mg cholesterol.

APPLE-PEAR BROWN BETTY

Make the custard sauce first, so it has a chance to chill.

Prep time: 25 minutes
Cooking time: 60 minutes

- 3 Granny Smith apples, peeled and sliced thin
- 3 ripe pears, peeled and sliced thin
- 1 tablespoon fresh lemon juice
- 5 slices white or whole wheat bread, cubed
- ¼ cup butter or margarine, melted
- 1 tablespoon granulated sugar
- ⅔ cup firmly packed brown sugar
- ½ teaspoon grated lemon peel
- ¼ teaspoon cinnamon
- ⅛ teaspoon nutmeg

Cinnamon Custard Sauce
- 1½ cups milk
- 1 cinnamon stick (3 to 4 in.)
- 4 large egg yolks
- 3 tablespoons sugar
- ½ teaspoon vanilla extract

Preheat oven to 375°F. Toss apples and pears with lemon juice in bowl. Toss bread cubes with butter and granulated sugar in another bowl. Combine brown sugar, lemon peel, cinnamon and nutmeg in bowl. Spread half of fruit in 9-inch square baking dish. Sprinkle with half the bread cubes and then half the sugar mixture; repeat layering. Cover; bake 30 minutes. Uncover; bake 30 minutes more. Serve with Custard Sauce. Makes 6 servings. *Cinnamon-Custard Sauce:* Bring milk to boil with cinnamon in saucepan. Meanwhile, whisk egg yolks with sugar in bowl. Gradually whisk in hot milk. Return to saucepan and cook over medium heat, stirring constantly, just until mixture coats back of spoon. (Do not boil.) Strain; stir in vanilla. Refrigerate until cold. Makes 1¾ cups.

Nutrition info per serving: 415 calories, 6 gm protein, 14 gm fat, 70 gm carbohydrates, 220 mg sodium, 171 mg cholesterol.

BREAD PUDDING

Dried cherries make this classic different. If you can't find them, use raisins.

Prep time: 30 minutes
Baking time: 45 to 50 minutes

- 1 loaf (8 oz.) stale, dense French bread
- 4 tablespoons butter or margarine, soften
- ½ cup dried cherries
- 3 large eggs
- ⅔ cup plus 2 tablespoons sugar
- 4 teaspoons vanilla extract
- ½ teaspoon almond extract
- Pinch salt
- 4 cups milk, heated
- ¼ teaspoon cinnamon
- Heavy or whipping cream (optional)

Slice bread ½-inch thick. Butter 1 of each slice. Butter 1½-quart sha baking dish. Arrange half the b buttered side up, in single laye dish. Sprinkle with cherries. Top another layer of bread slices.

Whisk eggs, ½ cup sugar and vanilla and almond extracts and in bowl. Whisk in hot milk. Pour tard over bread. Press bread into tard. Let stand 30 minutes; press a

Preheat oven to 350°F. Place ba dish in larger baking pan. Com remaining sugar and cinnamo bowl; sprinkle over pudding. Pour ing water in larger pan halfwa sides of dish. Bake about 45 t minutes, until golden. Serve warm cream. Makes 12 servings.

Nutrition info per serving (without cream): calories, 6 gm protein, 8 gm fat, 32 gm carbohyd 216 mg sodium, 75 mg cholesterol.

Recipes developed by Lisa Brai and Kathy Jackette.

INSIDE THE JOURNAL KITCHEN

You asked for it

Dear LHJ:
While visiting the Adobe Hotel in Yachats, Oregon, I had some out-of-this-world cream-cheese pancakes for breakfast. Any chance of getting the recipe?

Marian Anderson
Country Club Hills, IL

Morning glory

Donna Hanson, manager of the Adobe, hopes you enjoy these celestial pancakes. Try them with lemon and sugar, or serve with fresh berries, warm applesauce or maple syrup.

Lightly beat 2 eggs in a large bowl. Add 1 package (8 oz.) softened cream cheese, 5 teaspoons all-purpose flour, 1½ teaspoons sugar and 1 teaspoon melted butter or margarine, and mix until well combined (the mixture will be slightly chunky). Spray a preheated (275°F.) electric griddle with vegetable cooking spray and ladle batter by teaspoonfuls onto griddle. Cook pancakes until golden, about 3 minutes; turn with spatula and brown other sides, about 2 minutes more. Repeat with remaining batter. Sprinkle pancakes with confectioners' sugar and serve with lemon wedges. Makes 2 dozen.

recipe index

Here is a listing of recipes appearing in this iss including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk inclu microwave instructions.

DESSERTS
Apple-Pear Brown Betty p. 148
*Banana Puff with Chocolate Sauce p. 146
Bread Pudding p. 148
Brownie Pudding p. 147
Fresh Gingerbread With Sautéed Apples p. 147
Mini-Cheesecakes p. 139
The Ultimate Chocolate Chip Cookies p. 120
Warm Cranberry Cake with Cream p. 146

ENTREES
Balsamic Pork Chops p. 132
Beef-Broccoli Stir-Fry p. 132
Black-Bean Chili p. 135
Broccoli Rabe Pizza p. 135
Campbell's Classic Family Meat Loaf p. 6
Chicken Couscous p. 138
Chicken Fajitas p. 132
Chicken Romano p. 135
Chicken Scaloppine p. 136
Cream-Cheese Pancakes p. 148
Deep-Dish Pizza with Sausage p. 125
Eggplant-Roasted Red Pepper Pizza p. 126
Flank Steak Orientale p. 146
Janet's Fettuccine Primavera p. 88
Lemon Roast Turkey p. 130
Manicotti p. 138
*Microwave Salmon with Cucumber Sauce p. 136
*Microwave Sole and Bro p. 132
Pizza Four Ways p. 125
Pizza with the Works p. 1
Pork Tenderloin p. 136
Spaghetti with Meat Sauce p. 134
Three-Pepper Pizza p. 12
Turkey Soup p. 130

MISCELLANEOUS
Basic Tomato Sauce p. 134
Buttermilk Dressing p. 135
Cristina's Pina Colada p. 59
Five-Minute Homemade Spaghetti Sauce p. 124
Homemade Pizza Dough p. 126
Mocha Creme p. 59
Oat-Bran Muffins p. 130
Oven Fries p. 135
Pineapple Salsa p. 138
Whole Wheat Pizza Dough p. 126



picy Skillet Chicken—*A Zesty Main Meal that Combines Creamettes® and TABASCO® Brand Pepper Sauce.*

- cup vegetable oil
- cup red wine vinegar
- teaspoon TABASCO® pepper sauce
- teaspoon thyme leaves
- teaspoon marjoram leaves
- clove garlic, minced
- boneless whole chicken breast, skinned and cut into thin strips
- slices thick-sliced bacon, cut up
- tablespoons butter or margarine
- medium onion, halved and sliced
- large carrot, thinly sliced
- medium green bell pepper, chopped
- tablespoons all-purpose flour
- teaspoons chicken-flavor instant bouillon
- cups milk
- to ½ teaspoon TABASCO® pepper sauce
- 1 (7-ounce) or ½ of a (1-pound) package Creamettes® Elbow Macaroni, uncooked
- 1 (4-ounce) can sliced mushrooms, drained
- ★ TABASCO® pepper sauce

In medium bowl, blend first six ingredients. Add chicken and bacon; toss to coat. Marinate at room temperature 20 to 30 minutes. Drain and discard excess marinade. In large skillet, melt butter. Add chicken, bacon, onion, carrot and green pepper. Cook and stir until chicken is no longer pink and carrot is tender. Stir in flour and bouillon. Blend in milk and remaining TABASCO® pepper sauce. Cook, stirring constantly, until thick and bubbly. Prepare Creamettes® Elbow Macaroni according to package directions; drain. Stir macaroni and mushrooms into chicken mixture. Heat through. Garnish as desired. ★ Season to taste with additional TABASCO® pepper sauce. Serve immediately. Refrigerate leftovers. 4 to 6 servings.

Spice Up Your Life.



Don't Keep It Bottled Up.

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WOMEN AND DRUGS

continued from page 91

Triangle Institute, a corporation that conducts studies for the federal government, the total cost of drug abuse—the number of crimes committed, lives lost, productivity affected—now adds up to $59.7 billion per year.

With numbers as overwhelming as these, it is often easy to lose sight of the individuals affected by this epidemic. Here are some of the real faces and lives behind the grim statistics.

THE USERS

Not every woman who is addicted to drugs is unemployed or living in a poor neighborhood. Some, like Laverne Suggs, could be our co-workers. Others, like Susan Lydon, are graduates of prestigious colleges. But no matter what their background, very few addicts get a second chance: Government-funded drug programs can accommodate only about eight hundred thousand of the country's four million heavy drug users.

Laverne Suggs, 29
Minneapolis, Minnesota

Eight years ago she had a solid middle-class life: a happy marriage, two healthy sons, a bank-teller job that she loved, an $80,000 lakefront brick house. "I worked, I went to church, I loved my husband, I did the American thing," she recalls dryly. "And then I smoked a rock of cocaine."

It was 1982; Laverne, twenty-two, and her husband, a computer technician, inhaled from a crack pipe passed around at a Christmas party. Although neither Laverne nor her husband had ever used drugs habitually, the crystallized cocaine brought out "an intense craving" that left them with one obsession: getting more.

After three years, her husband moved away to rid himself of his addiction. To support her "progressive disease," Laverne turned to shoplifting. Her $100-a-week habit escalated to $700 a day, and she was drifting from job to job. Finally, she began "sleeping from rock house to rock house, like a bag person. I was always a real hard worker, with real high self-esteem. That drug took it all."

During several attempted reconciliations with her husband, she conceived two more children, Donald and Monique. When Monique was born, Laverne was serving a ninety-day sentence for shoplifting, and her leg was handcuffed to the delivery table.

Social-service authorities who later came to her apartment found it filthy and without food, and they took her children away.

By then six months pregnant with her fifth child, Joanique, Laverne was assigned to a county detoxification ward and talked her way out of it. But finally she got up the courage to enter a recovery program for mothers at a treatment center, the Turning Point.

During five long, hard months there, Laverne refused to leave even on a holiday pass: "I wouldn't go anywhere I knew I was going to use."

When Joanique, the unborn baby who had shared the worst of her mother's addiction, was born last February, Laverne thought she had escaped the drug's effects. But after five days, the infant went into convulsions: "She started shaking, and her eyes rolled back into her head," Laverne says.

Today the three children born during Laverne's years of drug use show different but distinct symptoms. Donald Lee, three, is "extremely hyper. He swears, hits, spits." Monique, now two, "doesn't talk. She makes little noises; she cries, but she can't say 'Mama.' " And tiny Joanique sometimes can't sleep for more than a few minutes at a time. "She cries a lot," Laverne says. "You can't pacify her, no way."

Her two older sons, Armonn, nine, and Terrell, six, were born before her addiction began. But they didn't escape its effects, as they were bounced between relatives and foster care. "Armonn stuffs a lot inside him," Laverne remarks. "He asks, 'What happened to our house? Our furniture?' Sometimes he asks me, 'Do you say no to drugs?' "

When Laverne's group of twenty-six women finished their treatment last April, they were warned that only two or three would manage to stay drug-free. "But I knew I'd be one of them," Laverne says. As her kids were returned to her custody, she went back four times a week for group sessions.

In September, she was offered a position on the Turning Point staff. But she decided instead to move to Chicago so she could be closer to her ailing mother. And she has made the p decision to go public with her because "I hope it will help." A struggles to heal herself, along her five damaged children, La says, "I have a lot of hope—and a determination in the world."

"I'm bitter about what I've gone through," says Natasha Ashley. "It's a living hell."

Susan Lydon, 46
Oakland, California

Back when she worked on the ling *Rolling Stone* magazine in Susan Lydon was a graduate of V and a well-known journalist. Bu decades later, she'd just grad from a residential treatment c where she had kicked a twenty year drug habit.

Dependent since college on spe help her write, Susan also took juana, pills, LSD, cocaine, heroi crack. Along the way, her mar broke up, and she lost a baby in birth. She also lost her fifteen-yea daughter, Shuna, when the girl, out by Susan's drug use, moved in Susan's parents. "You're not my r er anymore," Shuna said bit Eventually, Susan was so strun that she no longer cared about wr

Three years ago, her desperate ily finally persuaded her to enter fer Park, a rehabilitation center i state New York. There, Susan she discovered that "deep inside, place I barely knew existed, I wa to live."

From Conifer Park Susan mov Women, Inc., a residential progra Dorchester, Massachusetts, where underwent further treatment. "It horrible without drugs," she says. like losing your best friend." Bu recovered with the help of forme dicts at Women, Inc., who "know you have to go through to get t other side."

Susan, facing life after her inv ment with Women, Inc., ended, co ered joining its staff. But her cou ors advised her to return to what does best: writing.

In the fall of 1988, Shuna, ar student in Oakland, California, Susan she wanted to repair their tionship and invited her mother to with her. Today Susan lives in apartment that overlooks the crack house. In her precarious ha amid a clutter of books, she is wr again, slowly reassembling her her career and her ties with daughter. One day at a time, Su and Shuna are learning their back together.

THE VICTIMS

Drug-related crimes—robberies, assa burglaries, killings—cost an estimated billion a year *(continued on page*



The Hi Pro Glow.
It's more than just a shiny coat.
It's the clear, bright eyes
that come from your dog getting
the complete nutrition in
high-protein Purina® Hi Pro.

It really can help make a difference.



IT'S ABOUT TIME!™

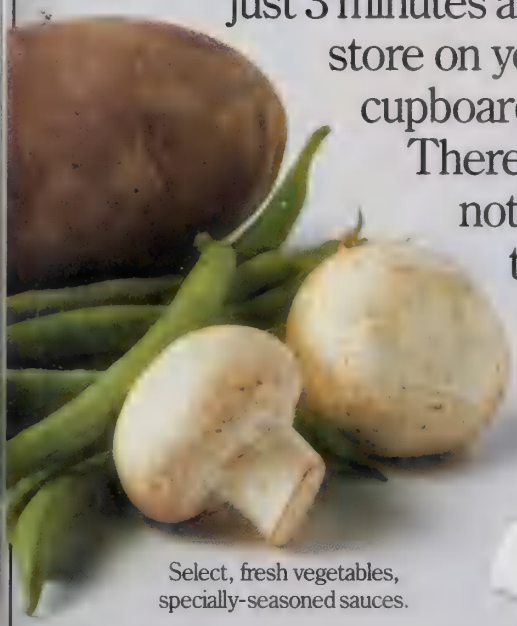




They microwave in 3 minutes flat.

It's about time for new Del Monte Vegetable Classics.®

They're delicious vegetable and sauce combinations. They're microwave-ready. They heat in just 3 minutes and they store on your cupboard shelf. There's nothing to add or mix.



Select, fresh vegetables, specially-seasoned sauces.

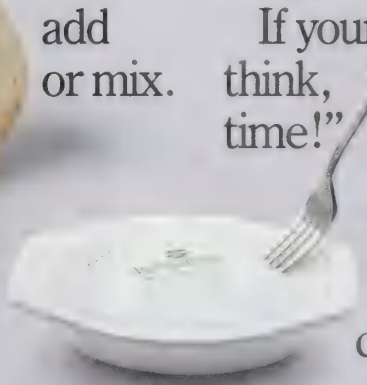
So all you do is open the box, puncture the plastic lid and pop it into the microwave. In just three minutes you have dishes like Vegetables Dijon or Potatoes au Gratin.



Stores in the cupboard. No preservatives added.

If your life is as busy as we think, you'll say "It's about time!" for Del Monte Vegetable Classics too.

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Photography by Robin Upward of *Cat Fa*

WOMEN AND DRUGS

ntinued from page 150

ıtionwide. But it is impossible to put a ɔllar figure on the cost of a damaged life or child who is suddenly gone forever.

ynthia Harris, 36
ashington, D.C.

itting in the neat, elegant living oom that has become a shrine to her ıly child, flanked by the framed prom ckets he never used and the yearbook e never saw, she admits, "Sometimes feel I'm about to break. Burying your ıild is one of the most unnatural acts the world."

On March 12, 1988, Lionel Harris, eventeen, became one of thousands of rug casualties in the nation's capi-l—shot to death, for no reason, by a ranger who later tested positive for gh levels of cocaine and the halluci-ogenic PCP, or angel dust.

Lionel was an honors student, a riter for the school paper and a mem-er of the football, basketball and ack teams. He wanted to major in urnalism and eventually enter law hool. His ultimate plan, he once told uncle, was to run for president.

His last article was eerily prescient: or the first forty days of this year ere was a total of forty-four murders the District of Columbia. That is ore than a death a day. Seventy per-nt of them were drug-related. mong this number, teenagers are the ctims . . ." It was published after he ined their ranks.

Ironically, in 1987, the year before ionel was killed, his divorced mother ad moved from Detroit back to Wash-gton, where she grew up, so he could ve in "a safer environment."

But the next year was the year that ashington's death rate topped De-oit's long-running record as Murder ity, U.S.A. Lionel Harris was only ne of 372 D.C. victims in 1988. In his se, however, his mother vowed to nor him by fighting back.

Cynthia, a journalist and business nsultant, decided to channel her ain into launching a group called the top! the Madness Foundation. "A ry talented child was suddenly, trag-ally murdered," she says. "I was earching for a way to bring meaning such a senseless act."

Under the motto "Not Here, You on't," she set up a hotline to alert olice to suspected drug dealers and bbied for victims' rights. Her work asn't entirely selfless. "Without the undation," she says, "I wouldn't be motionally able to go on."

Yet despite her continuing pain, she resses on relentlessly with the "terrible crusade" that sprang from Lionel's death. Now public-affairs director for the District of Columbia Drug Control Policy office, Cynthia says, "It's up to us. We have to take control of what goes on in our neighborhoods. We just can't let our children continue to die."

Natasha Ashley, 36
Coral Gables, Florida

On a dim Manhattan street, before Natasha Ashley could react with reflexes honed by karate and ballet, a car careened onto the sidewalk and smashed her against a light post. She was eight months pregnant.

Moments earlier on that night of March 17, 1988, Natasha, her husband, Scott, and their five-year-old daughter, Nadia, had finished dinner with another couple. They were walking toward their car when Michael August, a heroin addict who'd nodded off at the wheel, plowed into her.

Lying on the ground, one leg twisted at a sickening angle, Natasha thought, *Just don't let anything happen to the baby.* And before she went into surgery for her badly damaged leg, Natasha begged Scott, "Don't let them cut off my leg. I have to take care of you and the kids." The next day, her baby, Christopher, went into fetal distress but was safely delivered by emergency caesarean section a few hours later.

August, an unemployed truck driver, pleaded guilty to assault charges. His sentence could have been five to fifteen years, but he got two and a third to seven years. Says Scott, his anger barely contained, "This guy will get out in a couple of years and live a normal life." "In an instant," Natasha adds, "this man changed our lives—I'm angry, almost hatefully angry."

By the time she came home, Natasha had twenty-inch scars on both legs, skin grafts from her thighs and a foot-long scar on her back where surgeons took muscles to reconstruct her leg. Once a ballet and modern-jazz performer and a skilled karate instructor, she is unlikely ever to dance again. But after ten operations, she has traded her wheelchair for a brace that keeps her foot straight. Scott, who had run a karate school in New York, took a real-estate job in Florida, because Natasha's doctors say a warmer climate is better for her healing.

Now living in Coral Gables, Natasha goes to physical therapy three times a week. Christopher, she says, is "an excellent baby, very easy to take care of."

She admits she is "bitter about what I've been through. It's definitely a living hell. At times I think a lot about the accident, about what happened, step by step. But you have to go on. I still have my leg, my life and my son."

THE COMBATANTS

Women are waging war on drugs both on the open seas and in school corridors. In 1988 the Coast Guard confiscated $2.95 billion worth of cocaine and marijuana. For officers like Mary Morrissey, such work is both frustrating and rewarding: It's commonly acknowledged that that figure represents only a small percentage of the drugs being exported to the U.S. At the other end of the line are school counselors like Carol Grossman, who see the result of drug shipments. The problem is frighteningly widespread: One survey released in late 1989 found that an estimated six hundred ninety thousand students in grades six through twelve had tried cocaine during one school year.

Mary Morrissey, 25
New London, Connecticut

Miami Vice scriptwriters could have mined a few episodes from the exploits of Mary, a Coast Guard lieutenant. On patrol off the Bahamas she and her crew, all armed, leaped on a boat that they believed was carrying drugs. On that mission they seized eighty-eight tons of marijuana. Another time they spent three days searching a two-hundred-fifty-foot freighter they believed was hot. After unloading the ship's cargo—tons of yams—they found 258 kilos of cocaine, worth $2 million.

But for every bust made by the crew of the *Cape Gull*, the ninety-five-foot patrol boat Mary commanded during a yearlong tour of duty, there were hundreds of fruitless searches.

In the time she worked on the Coast Guard's busiest beat, Mary—now on a tour of duty as an instructor at the USCG Academy in New London—was cited for outstanding achievement. Under her direction the crew of the *Cape Gull* seized eight vessels, one hundred tons of marijuana and five hundred sixty-eight pounds of cocaine.

"Drugs are the sexy part of Coast Guard work," says Mary, who wants to return to patrol after she finishes her stint as a teacher. "It's cops and robbers." At the same time she admits that the cops aren't winning. "We're attacking the supply side in bits and pieces. And what's the solution?" She shakes her head. "To tell you the truth, I really don't know."

Carol Grossman, 48
Omaha, Nebraska

Just a few years ago, when Omaha could still ignore, or deny, the drug habits of its kids, school counselor Carol suggested a drug program in one school. "The principal told me there was no problem," she says. *(continued)*



"Now I know when I have a urinary tract infection".

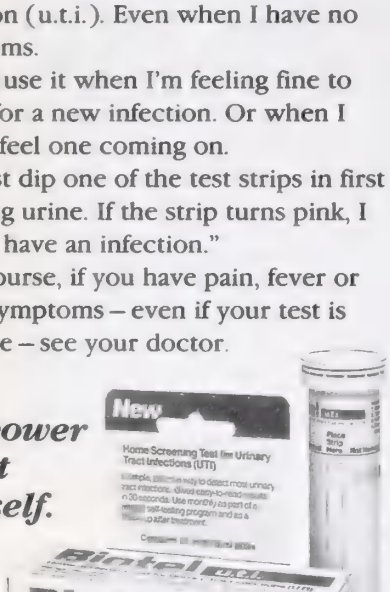
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WOMEN AND DRUGS

continued

"When I went back last year with a parent-education program, he greeted me with open arms."

That initial project has since expanded into a system-wide antidrug policy. Today the Omaha school system embraces Carol's tough approach: Last year all kids in all grades got mandatory education in chemical dependency. And if students are caught with drugs, administrators don't hesitate to call the police. Kids found dealing are expelled for a semester, and drug or alcohol users are sent to one of three alternative schools.

Last year 312 kids were referred to Carol or other counselors for suspected drug or alcohol use—105 in high school, 178 in junior high, 28 in the elementary grades. But Carol believes that many more simply escape notice: "Drug use here is out of sight."

As part of her job, she deals daily with situations she never imagined in her teacher-training days. She visits homes where drugs are openly being cut. She takes away guns and knives from students and confiscates jackets in the forbidden gang colors—red for Bloods, blue for Crips. (These notorious Los Angeles drug gangs moved into Omaha three years ago.)

"The gangs get middle-class jocks involved," Carol says. "A couple of star basketball players from an upper-middle-class school have been picked up selling cocaine out of a motel."

Other middle-class teenagers, she says, finance their drug habits as prostitutes—60 percent of them girls, 40 percent of them boys. And although Carol has read of only one local teenager arrested for prostitution, in the past seven years she has "come in contact with at least one hundred fifty or two hundred kids who admitted doing it. It's a lot more common than anybody wants to think."

But often the toughest part of her job is dealing with parents who refuse to face up to what their child is doing. If necessary, Carol tries to provoke awareness by telling them, "Your kid has a terminal disease," and giving them examples of kids who have died.

While she works doggedly to save the children of Omaha, Carol admits that many of them seem beyond help. When asked how many kids she has lost to death or renewed drug use, she smiles sadly and says, "About seventy percent. And they all break my heart."

It is a fitting final statement on the most agonizing crisis we face today. ■

Catherine Breslin is a free-lance writer based in New York.

BETTE MIDLER

continued from page 93

else. I think *that* is partly why I'm an interesting performer."

At forty-four she is rich, celebrated, happily married and the doting mother of Sophie, her pretty three-year-old. Bette's last five films, *Down and Out in Beverly Hills*, *Ruthless People*, *Outrageous Fortune*, *Big Business* and *Beaches*, have been so successful that Touchstone Pictures has signed her to a multimillion-dollar film picture deal. She started as a singer and her latest single, a heartrending ballad ("Wind Beneath My Wings" from *Beaches*, went gold last summer. Now comes *Stella*, her eagerly awaited $20 million melodrama, which opens in January. How does it feel to be Hollywood's latest Flavor-of-the-Year?

"How *dare* you say a thing like that!" she snaps, her brown eyes going big with anger. "I've been the Flavor-of-the-Year for *years* now. Since 1970!" But then, shrugging, she curls up to sit on her feet and releases a little sigh. "Oh," she says, "it's true, I guess. That's what's in the air right now. I've paid my dues. And y'know, everyone wants to be successful—the biggest, the highest, the best—believes that at bottom they are secretly a fraud. You always think that somebody's gonna find that out and take all this away. Anyway—I'm probably the only person in show business who doesn't say, 'I have to thank God for this.' Well, sure, I thank God, but I worked pretty hard at it, too."

Now she flashes that great smile, the one that crinkles her eyes and downswooping nose, and the Libran turns into the bubbly Bette. "I was so grateful this year to have a very good record," she says brightly, "and that record, more than anything, made me feel I'm still here. Hallelujah!"

So what's left to conquer? "I think I should run for Congress and become a demagogue. Well, I'm so lucky. When my husband and I were in Thailand last summer, we met a fortune-teller who told me all these wonderful things. Then he said, 'I don't understand *why* you have all this good fortune.' I'm not into fortune-telling, but you can imagine how happy I was to hear that I'm going to have a very good life. It's a great relief. It was as though I had used up all the bad stuff when I was a kid. Now I'm *obliged* to be happy, and I'm working on that."

Bette began working on that obligation in 1984, when she married Martin Von Haselberg, a fortyish commodities broker–turned-entertainer. And just as Bette has the Divine Miss M as her alter ego, Martin has one named Henry Kipper, who is in a zany experim

l comedy act, the Kipper Kids.

"Yes, a dream husband," says Bette ıite earnestly. "He's extremely kind ıd does all the cooking. A great fa-ıer and companion." *People* maga-ne's 1985 readers' poll voted their arriage least likely to succeed, but hile several other big Hollywood ıions have crumbled recently, this ıuple seem to be going strong. "I ıre say it's useful for Bette to have .e there to keep her somewhat calm," cplains Martin. "One minute she can e very exasperating and vitriolic, the ext, very loving and childlike. Her ps and downs are tremendous—it's ways exciting, but then I really need er to keep me on my toes.

"I'm not a househusband," he contin-es, "but most evenings, while I'm be-ıg a tyrant in the kitchen, she's in the ext room playing with our daughter, ading and singing to her."

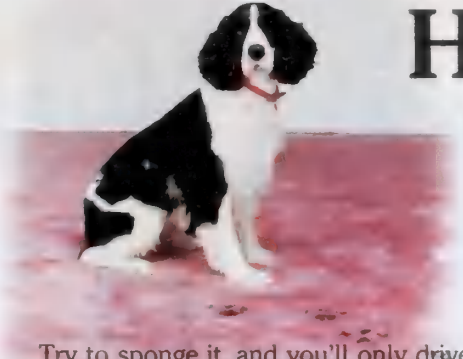
"Or I'm at the piano," remarks ette, "plunking out some terrible lit-e tune, trying to be a role model so ıe'll be musical like her mommy. And ıe—" Bette begins to laugh, "she ushes me aside, says, 'Get off, it's my ırn,' and hammers away!

"Sophie's my number-one priority," ıe continues. "I have the best child. Ve had a rough patch there in the rrible twos when she learned the ord no, but she is very like me. She peaks her mind and has a strong will. ome shyness, too. She'll stand outside circle and watch people, rather than ining in. Which is the way I am.

"Since she's a Hollywood kid, I don't ant life to be too easy for her. I'm ınking of ways to make it hard. Our ot having a swimming pool was a ood place to start. Why should she ave everything? You have to earn ings," Bette says firmly. "We don't ındate her with toys. No guns or ınks, of course, though girls don't sually go for those. She has a sword nd knows about swordplay. I'm going) teach her she can do anything she ın think of doing. She's as good as nybody, and nobody can stop her."

"Sophie hasn't seen my movies," dds Bette, shocked at the thought. Oh, *never*! Well, maybe when she's velve. I'm trying to avoid overshelter-ıg her. She knows about 'mockie,' hich is what she calls makeup."

Sophie may be too young to see her ıother's movies, but she is close at and when they are being filmed. ven with her family along, though, ette still finds location shooting ough. "During the filming of *Stella*, I as often sick," she recalls. "We shot r ten weeks in the ugliest place in ıe world, a warehouse in the east end f Toronto next to a sewage plant. rim. Cold. Very dirty. I had to show-



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er three times a day. I lost a lot of weight to play the young Stella [she went from over 150 pounds to 113], then they put me in a fat suit for the later scenes. I was finally eating okra salad dressing, yuk!"

In *Stella*, the remake of the 1937 Barbara Stanwyck vehicle, Bette plays



As single mother Stella, Bette will do anything to ensure that her adored daughter gets the best in life—even if that means giving custody to the child's wealthy father

an impoverished mother who raises her illegitimate daughter on her own. In an act of self-sacrifice, she gives up the teenager to the girl's father, who is rich and socially prominent, believing he can provide her with a better life. Although the story is nothing like Bette's own life, the main character reminded her of her own mother, Ruth.

Bette grew up in the fifties near Honolulu as the third daughter of a New Jersey–born housepainter and his wife. Her home life was strained by poverty, a younger brother born retarded and a most disapproving father. "He really thought I would never amount to anything," she notes with irony, "but I said to myself, 'Oh, *yeah?* I'll show *you*.' My father was very conservative, and I remember saying 'darn' once and having my mouth washed out. But, oh, he was funny and really a laugh junkie. I have to have a couple of belly laughs, too, every day, or else I sink into despondency.

"I had a fabulous mother," she says. "She made me believe in myself, and I used a lot of her in the film. She was not a single parent like Stella, but we were poor and she was that generation of women, almost all gone now, who always put their family ahead of themselves. She worked hard and kept nothing for herself, *nothing*. Never a new dress or new shoes."

Glancing wearily out the window, Bette continues, "She adored me, my mom, and I still have nightmares about her, because as a grown-up I didn't give her the time I should have. Now that she's gone, I have regrets. Even if I didn't like the style of life they chose to live, their *(continued)*



BETTE MIDLER

continued

clothes, the furniture, she and my father were impeccable about teaching the value of things—to be honest, to have compassion and find the worth in people instead of looking for negatives."

Now Bette lives in a pale pink five-bedroom adobe house once owned by Mary Pickford. She loves decorating and has chosen an easy, eccentric style. Spindly Victorian side chairs painted in different Crayola colors flank a Venetian beveled hall mirror. Hand-painted designs border all the doors and windows, while overstuffed chairs gather about in friendly clusters. "I'm compulsive about this house, and I have to make it beautiful because I lived in such a hovel all my life," Bette confesses. "I'm a real hausfrau.

"I went and bought pillows today at Bullock's and nobody cared. Do you think that's mundane? Somebody's got to get the pillows. We need mundane in our life to be real, and I cherish that. Anyway, if the occasional fan does recognize me, they treat me like part of their family, a pal, a sister, and I get kind of upset about that sometimes. [She is the Divine Miss M now, putting us on.] Why don't they treat me like Garbo? I would prefer a little *awe* sometimes. I don't get *awe*."

It was, of course, as the brassy Miss M that Bette first made a name for herself. "When I started out, most people thought I was utter *slime*," says Bette with a laugh. "They thought, 'Ughh, this person! Her act is so blue.' But the reason it was blue was that nobody else was doing that kind of material then, and I thought it was *fun*. Underneath, my virtue was intact. But then everybody else started doing blue material, and I thought, Oooh, who wants to be like everybody else?"

Although her portrayal of a Janis Joplin–type rocker in *The Rose* won Bette an Oscar nomination in 1979, her career stalled. The situation worsened: a longtime love affair ended, her mother died of cancer and her next picture, *Jinxed*, bombed. Bette sank into a deep depression. After months of solitary weeping, a therapist helped to pull her out of the crash.

"You will kindly not refer to my emotional upheaval as 'the crash,'" she says sternly, sounding like Miss M. "It wasn't a crack-up. *Oh, puh-lease*, I don't want to think about it. All my wounds have healed. It's a new life."

Four years after her "emotional upheaval," she climbed back to make *Down and Out in Beverly Hills*. It was a hit, and her career took off. "I once wanted to make eighty pictures a[nd] have that whole body of work as[a] permanent record on film," she recal[ls]. "What *ever* was I thinking of? Becau[se] I've *done* this—I don't want to ma[ke] movies anymore. Ughh."

Bette would rather spend more ti[me] with her family. Despite a miscarria[ge] last year at the age of forty-three, s[he] is trying for another baby. "Oh, I *wi*[sh] I'd never told anybody how old I an[d] she snaps. "And if you're going [to] bring up how I'm not pretty, I've h[ad] enough of that, too. 'Miss Midler is *n*[ot] *pretty*.' Well, I have my look." S[he] pauses, smiles and then continues, "I used to be quite sensitive about th[at] 'not pretty' stuff, but not so much an[y] more. I'm having too good a time."

"And *yes*, I'm going to have anoth[er] baby! My daughter says, '*I want baby, I want a baby*,' so we're trying. I have no fear about doing this at fort[y-] four. My doctor says I have the insid[es] of a twenty-two-year-old.

"And, y'know, people who want to have babies will do *anything*. I'm goi[ng] ahead. We have our little kits. W[e] even stand on our heads. So there I [go] sometimes, standing on my head. It's a sight to see, I can tell you."

Cliff Jahr is a contributing editor of Ladies' Home Journal.

BOY WHO BEAT THE ODDS

continued from page 95

ade him promise to stay off major oroughfares, and so he was riding ong quiet Barbara Avenue. Then TJ aded across busy Fifty-first Avenue. At that instant a red pickup truck ading south on the same street pulled m the left lane into the right and ashed into TJ's bike at forty-five miles r hour.

The truck stopped, but too late; TJ lay a bloody heap at the curb, his broken ht leg jutting out from his body at a ty-five-degree angle. The most se- re injuries were hidden, however. Al- ough no one knew it, TJ's skull had en completely severed from his spine, d a potentially lethal blood clot had gun to form on his brain stem.

As the world within TJ began to shut wn, the one around him started mov- at alarm-bell speed. Up the block ramedic Tom Shannon approached in car; he'd been driving his daughters the local clinic for shots. When Shan- n saw the truck and a group of standers bent over a figure on the eet, he stopped, blocked the right lane h his car, told his children to sit tight d took off running.

As he did so, he saw Earl Johnson, other paramedic, racing toward the ne. As Johnson held TJ's head, he came worried. "Something just didn't l right," he recalls. "Usually, you feel trong connection, rigid muscle with a tain tone. But there was nothing."

The two men were relieved when they ard a shrill, blessedly familiar wail. ramedic Engine Company 54—John- 's own unit—had arrived.

Captain Steve Smith quickly took arge, administering vitally needed gen. Noting that TJ's belly was rig- —a sign of internal bleeding—the n inserted two intravenous lines to lace lost body fluids.

Smith then radioed for a helicopter to lift TJ to St. Joseph's Hospital and its ociated Barrow Neurological Insti- e, twelve miles away. Minutes later, chopper arrived.

At 8:01 A.M. Timothy Mathias was ed in St. Joseph's emergency room ords as "John Doe"—an unidentified liatric accident victim.

parent's worst fear

ck at the Mathias household, TJ's ther, Kerry, twenty-nine, slept peace- ly. She had crawled into bed around A.M. after bicycling home nearly eight les, from her night-waitress shift at nkin' Donuts. At about the same time twenty-eight-year-old husband, Tim, s getting up, preparing to head out to job as a trainee with a pest-control npany. The Mathiases had moved from New Jersey to Arizona the previous July with Timmy, their daughter, Rachel, now three, and a family friend, Bob Jackson.

Kerry could afford to sleep soundly; she knew Bob would see TJ off to school. So when the phone rang at around eight A.M., she was confused when the woman at the other end of the line said she was calling from TJ's school. Was he sick today? Kerry checked with Bob, who confirmed that TJ had gone to school. Then the woman asked what TJ had been wearing. There'd been a bad accident, she explained; they were checking absences at area schools. Kerry looked out back: TJ's bike was gone. Then she saw a police car outside, and she knew what had happened. "I grabbed Rachel and ran," she recalls.

Frightening pictures

At St. Joseph's Hospital, Thomas Grahm, M.D.—then chief resident on call at the Barrow Neurological Institute—was enjoying a brief lull when his pager beeped: A young accident victim had just arrived in the trauma room. Grahm was downstairs like a shot.

Looking at TJ's X-rays, Grahm could tell that the boy had sustained a lot of internal damage. But the pictures weren't clear enough for him to make a definitive diagnosis. So TJ was taken to the CAT scanner, which takes pictures of internal tissues and organs that are much more detailed than ordinary X-rays. The doctors soon saw that TJ's spleen was ruptured and that his liver and one of his kidneys had been severely damaged.

Only a few years ago, these injuries probably would have proven fatal. But at St. Joseph's—as at other hospitals where a special trauma team is available—doctors have implemented lessons learned largely in Vietnam.

Working quickly, the physicians were able to save most of TJ's ruptured spleen, mend his liver and kidney, and stop the internal bleeding.

But the doctors had not yet discovered TJ's grave head injuries; of these, even the CAT scan had yielded only maddening hints. Without better pictures, the doctors would have no way of knowing what—if anything—they could do. There is no such thing as exploratory brain surgery; even a slight mistake can be fatal. What the doctors needed was a magnetic resonance imaging (MRI) scan, which yields even clearer pictures than CAT scans. Unfortunately, typical MRI scanners rely on magnets so powerful they would disable TJ's life-support machines, and that would surely kill him.

By now John Doe had a name—and a terrified mother in the waiting room. TJ's father, who was out in his truck, got a call telling him to return to the office. The dispatcher's voice sounded so ominous that Tim wondered if he was about to get laid off. Tim's boss told him what had happened and drove him to the hospital.

There, it took Tim a while to find Kerry, weary already, clutching Rachel. "The doctors are fixing TJ," the little girl told her worried father. But in private Kerry tearfully told her husband, "They say TJ might die."

A lucky break

Suddenly, just when everything seemed hopeless, the doctors figured out a way they might be able to get clear pictures of TJ's brain. Just a few weeks earlier Barrow had begun testing an experimental MRI scanner. Since it used much weaker magnets than conventional models, it would not interfere with TJ's respirator.

The new machine worked; by mid-afternoon, it had produced several pictures of TJ's brain and spinal cord. But the images were terrifying: The ligaments that bind skull to spine had been completely severed; only skin, a few muscles and his soft spinal cord held TJ's head onto his body. In addition, a walnut-size blood clot was visible, pressing against the delicate brain stem.

A review of the medical literature told a grim story: No one had ever recovered from the injuries TJ had sustained. The few who managed to survive were severely incapacitated.

Now the surgeons faced two other seemingly insurmountable hurdles: First, how would they reattach the boy's skull? And how could they remove the blood clot, which was positioned inaccessibly at the front of his brain stem?

To accomplish the first goal, the doctors decided to try a U-shaped pin that Volker K.H. Sonntag, vice-chairman of the department of neurosurgery, had recently adapted for use on patients who suffer from a type of arthritis that gradually wears away at the linkage between skull and spine. Getting to the clot might be even more difficult; if they approached it through the boy's mouth, they could infect his brain with potentially deadly oral bacteria. The only other possibility was a procedure developed by another surgeon, Robert Spetzler, which involved approaching the brain stem from the back of the skull.

But all these plans seemed like wishful thinking: Many of TJ's vital signs were fluctuating. The doctors huddled quietly around the MRI scans; finally, Spetzler broke the silence. "If we do nothing, he will certainly die," he said. "What are we waiting for?"

At two P.M. Harold Rekate, another neurosurgeon, told Kerry *(continued)*

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there was a 5 percent chance they could save TJ. "Do whatever you can," she said simply.

Late that afternoon, TJ was wheeled into the operating room. Before surgery could begin, he had to be fitted with a halo brace, an imposing device used to prevent the neck from moving. The halo portion of the brace—a steel ring that encircles the head—is clamped in place by a series of pins that grip the skull bone. To hold the head motionless, four steel rods are inserted into the halo; these are attached to clamps sewn into a leather vest worn by the patient.

Then the five-hour operation began. Rekate, assisted by Grahm, cut down into TJ's spine, exposing the spinal cord and the bottom of the brain stem, just inside the skull. Then Spetzler stepped in, parting the neck muscles, working around to the front of the brain stem. Finally, he exposed the clot. After Spetzler removed it, Sonntag, along with another doctor, Steven Papadopoulos, began the arduous process of reattaching TJ's skull and spine with Sonntag's inverted U-shaped pin. First they wired the open ends of the U to the neck vertebrae, then they fastened the base of the U to the skull, using wires threaded through tiny holes drilled into the bone.

It was nearly midnight before Rekate came out to see the Mathiases, but for the first time he was somewhat optimistic. "We accomplished exactly what we set out to do," he told them. "The next twenty-four hours should tell us a lot about whether TJ will recover."

Later, Kerry and Tim Mathias stepped into the pediatrics intensive-care ward and saw a comatose TJ, propped nearly upright by the halo brace. His face and mouth were swollen and bloodied, and tubes seemed to be coming out of him everywhere. When they left, Kerry was in tears, and Tim was so upset he could not speak.

But their son was alive. Now something more than skill would be needed to help him survive.

A bedside vigil

"TJ, Mommy is here, Daddy is here. You're in the hospital, but everything is okay now, darlin'."

Kerry Mathias spoke those words to her still-comatose son many times each day as May passed. Believing firmly that her son needed her by his bedside to recover, Kerry quit her job. Finally, on May 14—eighteen days after the accident—she saw a sign of hope. As Kerry murmured to her son, his eyes opened and he looked around.

Now TJ's eyes were moving together, looking all around, and his limbs we moving, too. Miraculously, his vi brain stem had recovered.

Once TJ awoke, his condition i proved quickly. He gave hand signals let his parents know if he was in pa One morning in late May, a nurse gre ed Kerry with thrilling news. "TJ spok she cried. "He said, 'Please help me.' "

After that TJ got stronger every d Finally, on June 23, TJ did what doctors had once thought nearly imp sible: He left the hospital alive and w On the big day, wearing his halo bra and a leg cast and riding in a wheelcha TJ was asked by a reporter how he f He answered simply, "Great!"

Soon TJ and the doctors who sav him became international celebriti The family has gone on television, a stories about TJ have appeared in pan and Germany. Since then, stack mail and gifts have poured in from over the world. TJ opens them all.

But there is a painful irony in outpouring of gifts from well-wishe The Mathias family is nearly bro Luckily, however, they have not hac pay TJ's medical bills of $171,000. state paid most of it through Arizon version of Medicare, and St. Josep Hospital has written off the rest. Lo contributors—including a convicted on who staged a prison fund-rai —have also come to the family's aid

TJ has been progressing rapidly, he's impatient to be doing all that once did. He displays frequent bursts of anger, a common occurre after a head injury.

TJ had to use a cane to walk u mid-August, but lifting weights helped him rebuild the muscles in right leg and arm. He still limps slig ly, and his right leg is three quarter an inch shorter than his left, beca the orthopedic surgeons had to w until his neurological recovery was derway before they could set the bo But doctors say there's a good cha the legs will even out as he contin to grow.

On July 25, one day short three months after the accident, Sonntag removed TJ's halo brace.

After everything he's been throu has the accident spoiled his love of l ing? Not at all. In fact, says Ke rolling her eyes upward as mothers h probably done since the Stone Age, asks for a new one "all the time."

He might get one in the not-too- tant future, Kerry tells him. "But on you're good, TJ, only if you're good."

As an elfin smile spreads across face, it begins to look as if TJ will that new bike.

Edward Sylvester is a writer based Tempe, Arizona.

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At the local roller rink, my five-year-old daughter held my hand and quickly learned how to skate. After our tenth time around the rink, she looked up at me, out of breath, and said, "Where are we trying to get to?" —*Karla Chandler, Fresno, CA*

My neighbor's seven-year-old, Elizabeth, said her new baby brother was sent from heaven. When I told her that that was a very sweet thing to say, Elizabeth added, "They must like it quiet up there!"
—*Suzan L. Wiener, Spring Hill, FL*

After an illness, our young son underwent a physical exam. "Are you having any trouble with your ears and nose?" the doctor asked him. "Yes," Trevor replied. "They're always in my way when I take off my T-shirt." —*Barbara Albright, Indianapolis, IN*

NEW YEAR'S DISSOLUTION

The resolutions I compose
Are given sober thought:
I promise to lose tons of weight
And junk the sweets I bought.
I won't spend hours watching soaps
Or talking on the phone;
Nor give my past-delinquent friends
A book or dish or loan.
But all these pledges I have made
Soon make my conscience ache.
It's time to form one more resolve:
These promises, I'll break!

—Jacqueline Schiff

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Richard Dillon

COMING IN Feb

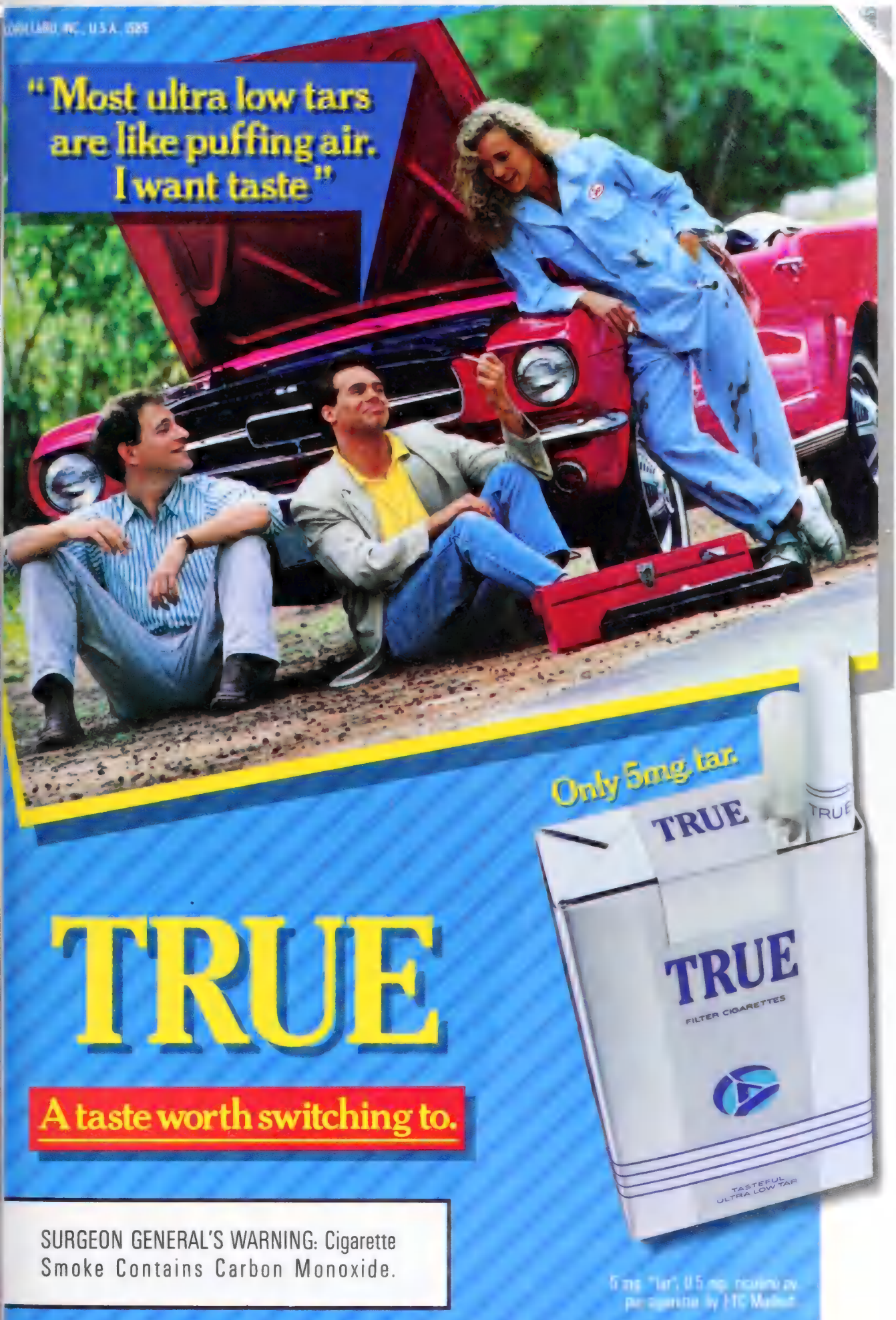
The great white way What's *the* wardrobe essential for every chic woman? A fabulous white shirt, of course. We shopped around just for you and found the best styles to suit every occasion.

On the waterfront A condo by the sea is home for three Connecticut families. We'll show how they turned look-alike spaces into spectacular rooms with a view.

Sweet nothings Tempt Cupid during the month d'amour by creating a heart-shaped chocolate box filled with chocolate treasures. Simply irresistible!

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IN THE NEWS

22 • **A woman today**
"I fought the drug lords"
As minister of justice in Colombia, she tried to combat the deadly terror of the cocaine kingpins. Now she and her family have been forced to flee their homeland in fear for their lives. *By Monica de Greiff, as told to Guy Gugliotta*

116 • **An American harem** Hidden in a corner of the Southwest desert are two fundamentalist towns where the average man has two wives and fifteen children. An exclusive look inside a polygamous home. *By Kathryn Casey*

118 • **Video: the new family fix** Is the VCR really just a harmless form of home entertainment? Maybe it's time to press the pause button and take a second look. *By Katherine Barrett and Richard Greene*



GOOD A GOLD PAGE 44



MAN . . . AND WIVES PAGE 116

PERSONALITIES

44 • **Gabbing with the Golden Girls** They're best friends on camera, but how do the four stars get along backstage? *By Eric Sherman*

98 • **A wild night with Cybill Shepherd** The star stayed up till dawn with ou midnight caller: Here's what she told him about her kids, her career and her men—ol and new. *By Cliff Jahr*

COVER STORY 107 • **Diana's darlings** These days, with Charles an absentee father, th Princess is a lonely single mom trying to bury the pain of her empty marriag in a flurry of maternal devotion. *By Susie Pearson*

112 • **The scaredy-cats** Every little boy is afraid on the first day of school—eve a prince. A charming bedtime story with the royal touch. *By Meredith Graham*

BODY AND MIND

38 • **Nutripoints** Stop counting calories, and diet by numbers. A sneak peek a *the* eating plan of the nineties. *By Roy E. Vartabedian, M.D., and Kathy Matthews*

62 • **When should you be your own doctor?** Is it safe to treat a kitchen burn a home? When does your husband's hacking cough require medical attention? Take ou quiz and find out. *By Fran Snyder*

82 • **Medinews** A special report on advances in dentistry: adult braces; easy jav surgery; and more. *By Ann Ferrar*

SPECIAL FEATURE

Love stories Two touching Valentine memories

84 • **The hat** It looked so pretty, she had to buy it. Could one impetuous momen destroy her marriage? *By Jane Goyer*

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84 • **Happy Valentine's Day, Monsieur Ducharme** You can fall in love all over again on the streets of Paris. *By Louise Erdrich*

BEAUTY

29 • **Beauty and fashion journal** Winter beauty boosters; smart catalog shopping; and tips from a personal trainer.

124 • **Simply beautiful** The new beauty R_X? Short and to the point. Our carefree cropped cut plus custom-blended makeup gives you a streamlined routine and make-'em-look-twice looks. *By Lois Joy Johnson*

130 • **The great white way** Does your wardrobe need a sure shot of chic? Turn to the white. Check out the best picks in white blouses—just right to top off jeans or to give sophisticated separates standout style.

FOOD

92 • **A little romance** We've got a quick-to-cook-up menu and terrific tips to help put your valentine in the mood for love.

136 • **Food journal** What's cooking in February.

138 • **Hot potatoes** One potato, two potato . . . You'll love our new crop o trendy taters—from Tex-Mex stuffers to red, white and blue potatoes with th works. *By Jan Turner Hazard*

150 • **This is *not* your mother's casserole** When it gets cold outside, make ou updated takes on the tried-and-true. Add our perfect side-dish salads for a fill-'em-u meal in minutes.

158 • **Sweet nothings** Your sweetheart will adore this pretty chocolate box to fi with the finest confections. *By Elaine González*

162 • **"I cooked for the President"** Henry Haller, White House chef through fou administrations, shares his most-popular presidential favorites.

164 • **Inside the Journal kitchen/Recipe index**

REGULAR FEATURES

10 • **Editor's journal**

14 • **Can this marriage be saved?** "We can't stop fighting" *By Margery Rosen*

52 • **Parents' journal** Readers tell what they've learned from their children; en couraging kids to write; how to handle a fever; and more. *By Mary Mohler an Margery Rosen*

74 • **Family portrait: "The three-million-dollar quints"** Ron and Roz Helms an their brood of five have faced harrowing medical and financial crises in their struggl to be a family. *By Shana Aborn*

80 • **Pet news** Your pets and the law; caring for rabbits and birds. *By Nina Keilin*

172 • **Last laughs**



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EDITOR'S JOURNAL

By Myrna Blyth



This month I'd like to tell you about some very special women whom I like and I think you'll like, too. First of all, there's our lovely First Lady, Barbara Bush, whom I met in October in Naples, Florida, at a conference of the Magazine Publishers of America. Mrs. Bush was a guest speaker, and she definitely wowed the crowd with her good humor. She told us how much she loved magazines. Her father had been a publisher, and she said he would have been very surprised to see her talking to a group of magazine executives. She also spoke about her commitment to literacy education. After her speech, a few editors had the opportunity to meet Mrs. Bush. Even though she was on a tight schedule, she chatted with each of us in a leisurely, interested manner.

DYNAMITE WOMEN





Myrna Blyth, top, chats with the First Lady. Above, *Ladies' Home Journal*'s key women: Carole Mandel, Myrna Blyth, Donna Galotti

In person Mrs. Bush is just as you probably imagine her: gracious, attractive and absolutely charming. In fact, she made me realize that in this frenetic world many of us have forgotten the power and effectiveness of plain, old-fashioned *charm*. Isn't it nice to know we have an intelligent, responsible First Lady who is also an absolute charmer?

Closer to home, I want to introduce another "first lady," Donna Galotti, the *Journal*'s new publisher. Donna, who has been *LHJ*'s advertising director for the past two years, is the *Journal*'s first woman publisher. In fact, *LHJ* is the only women's magazine that has a woman editor, publisher and circulation director. Carole Mandel has been handling the important post of circulation director for the past four years.

Donna has been selling advertising for magazines since graduating from Penn State. She has a rare two-magazine household, because her husband is a publisher, too. What's Donna like? Well, she's smart, hardworking, resourceful and fun, as well as a true believer in the special quality of *LHJ*. "I'm really thrilled to be the first woman publisher of the *Journal*, because it is such a fine magazine with a great tradition—and a great future," Donna says. We're thrilled to have Donna as publisher, helping to guide our future.

Happy Valentine's Day. Love and kisses from us all to our dynamite readers!

READER CALL-IN DAY This month it's Thursday, February 1, from 1 to 4 P.M., Eastern time. Remember the call's on you. At the phones: Health Editor Nelly Edmondson Gupta and a gynecologist, 212-351-3680; Associate Food Editor Susan Sarao, 212-351-3681; Associate Beauty and Fashion Editor Susan Parkes, 212-351-3682; Associate Decorating Editor Karen Reisler, 212-351-3683; and Managing Editor Mary Mohler, 212-351-3684.

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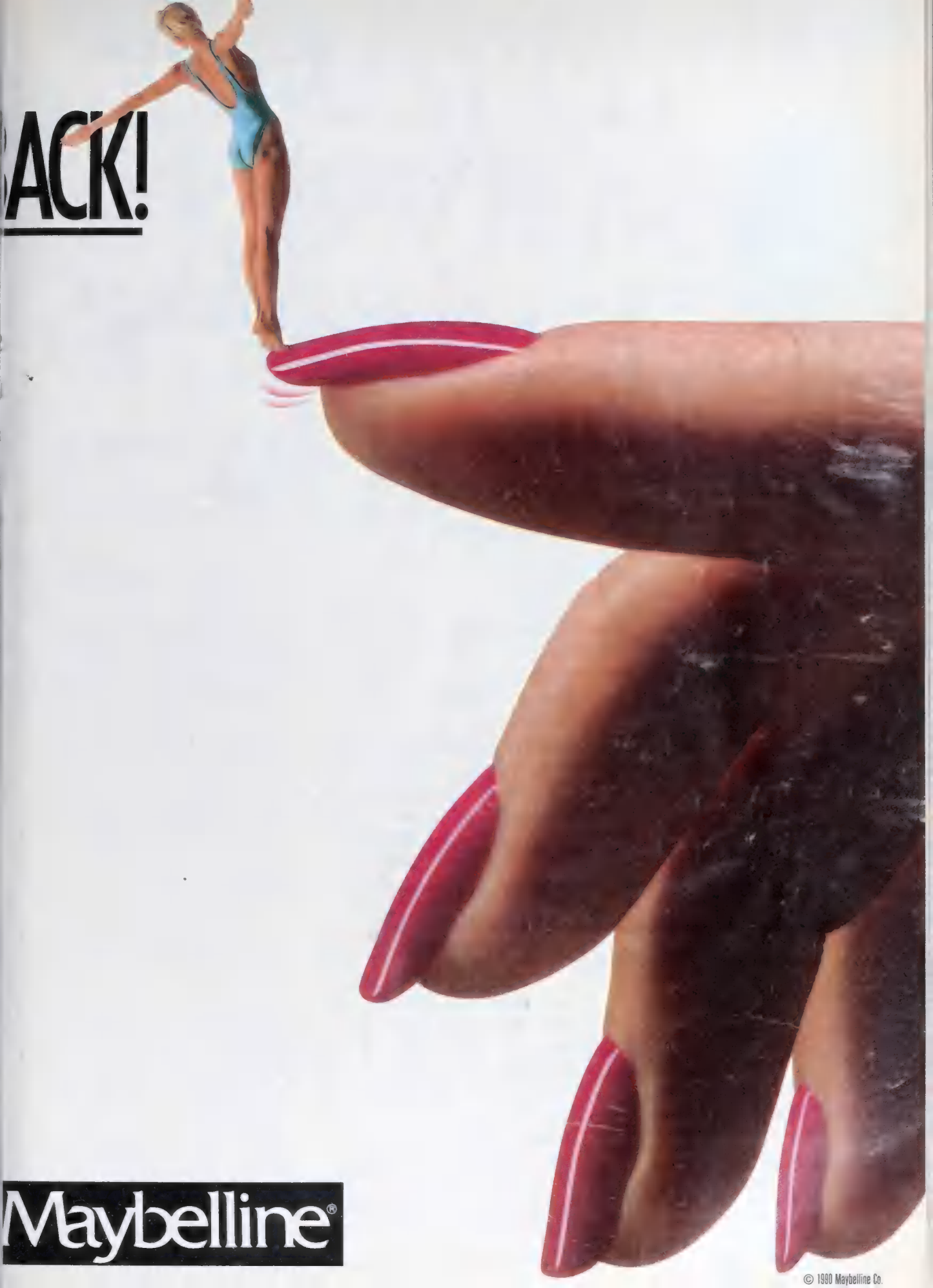
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CAN THIS MARRIAGE BE SAVED?

"We can't stop fighting"



Though Ronny and Alan loved each other very much, their heated arguments were unabating. Could they ever stop battling and start loving again? By Margery D. Rosen

Introduced thirty-seven years ago, "Can this marriage be saved?" is the most enduring women's magazine feature in the world. This month's case is based on interviews with clients and information from the files of Evelyn Moschetta, D.S.W., and Paul Moschetta, D.S.W., a husband-and-wife counseling team with offices in New York City and Bay Shore, Long Island. The story reported here is true, although names and other details have been changed to conceal identities.

Ronny's turn

"This is crazy. We can't stop fighting," said Ronny, twenty-six, her long dark hair falling in soft curls around her face. "We love each other, we really do. But it seems that lately, whenever we are together, all we do is scream.

"Look, I know how dedicated Alan is to his work. All his life, he's loved music and wanted to be a recording engineer. He's very, very talented. He told me that, in the beginning, the hours were going to be crazy. But now he's been at the studio for a long time. Like me, Alan never went to college, and he started working right after high school. But I ask you—how long do you have to pay your dues?

"You know, I never, ever see him. I work at an advertising agency—I'm assistant to the art director, and I love it. But Alan's day starts when I'm coming home. And if they need him, he can be there for two or three days on end.

"I can't understand why Alan doesn't put his foot down. He's talented, and they know it. They need him. Why can't he say, once in a while, 'I'm leaving at six-thirty or seven'? Or, 'No, I won't work all night.

"I miss him so much. We met through a friend of mine at work, and before we were lovers, we were such good friends. That meant a lot to me. Until Alan, I kept getting involved with guys who were all wrong for me. They were selfish, chauvinistic pigs who were so abusive—not physically, but mentally. They'd say they loved me, then I'd find out they were sleeping around.

"With Alan, that all changed. We used to talk about everything. But now he's never there for me. I feel so lonely, and I'm getting very depressed. Even when Alan is home, he doesn't want to do anything but sleep. I'll say, 'Do you want to see the new Woody Allen movie?' And he'll shrug his shoulders. 'Do you want to go to the art museum?' 'Whatever,' he'll say.

"I'm also tired of feeling like a drill sergeant around here. I don't like *(continued)*

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CAN THIS MARRIAGE BE SAVED?

(continued) having to order Alan around, reminding him a hundred times to take out the garbage. I don't want to be that kind of wife. I'll give you a perfect example: Last month, my younger brother came to visit. I'd asked Alan if he could please fix the shower, and he said he would. I gave him plenty of notice. I kept reminding him to do it, but he never did. I admit, I lost it. But it was the straw that broke the camel's back. If he's not going to follow through, then he should tell me instead of yessing me to death and then doing zero. I'm not his maid; I have a full-time job, too.

"Sometimes I get this real déjà vu feeling. My mother used to wait on my father hand and foot. She was the perfect little homemaker, and she kowtowed to my father on every front. Well, I refuse to do that.

"Actually, until I was about thirteen I was Daddy's little girl. Then the fighting started, and as far as my father was concerned, I couldn't do anything right. My grades weren't high enough, I dressed like a tramp, I hung out with the wrong kids. I think I was just a normal teenager, but my father was so strict that my memories of my adolescence are of constant fighting.

"I left home as soon as I graduated from high school and came to live in the city with my older cousin. Soon after that, I met Alan.

"You know how I said that with all the other men in my life, no matter how terrible things got, I'd always stick it out? That's the way I am. And I'll fight to make this work, too. But I can't help thinking, What's the point when he's never there for me?"

Alan's turn

"Believe me, Ronny just doesn't understand how things work in my field," said Alan, twenty-two, a tall, thin man with long blond hair.

"I'm an engineer in a recording studio. You have to pay your dues. And when you do, it pays off. People are beginning to recognize my talents. Clients ask for me. That makes me feel terrific.

"But most of the time, I feel like I'm on a treadmill. No matter how hard I work, how hard I try, I'm hit from all sides with demands.

"Ronny is an incredible nag. 'Take the garbage out. Pick up your clothes. Fix the bathroom.' I wish she'd just get off my back. Look, I work terrible hours. When I get home, my head is splitting. All I want to do is go to bed.

"Ronny won't give an inch, and I can't believe how much she reminds me of my mother. I wasn't very happy as a kid. My parents were always fighting—they finally divorced when I was eleven, and my sister and I went to live with my father and his girlfriend. No one paid much attention to me.

"What am I supposed to say when she calls me at work? Should I air the dirty linen in front of everyone?" Alan asked.

"I didn't do well in school—I got into trouble a lot. But I loved music, though my mother was freaked out because I wanted to play drums. For years she kept harping on how she wanted me to play the saxophone.

"You know what makes me nuts? Ronny calls me at work all the time. Look, I'm surrounded by a million guys there. What am I supposed to say when she calls and harangues me about something? Should I air the dirty linen in front of everyone?

"You know, when Ronny fights, she can be so nasty. I tell her something in a quiet moment—like how I get real nervous when one of my bosses walks into the studio—and then when we're fighting, she throws it up to me. I think that's really below the belt.

"Other times, she's cold. I don't get it. Is she purposely trying to end this relationship? Doesn't she know I love her? Maybe you can help."

The counselors' turn

"Ronny and Alan were two intense, passionate people whose lives were totally out of sync," said the counselors. "They were very much in love, but each was in a different phase of life when they met. As a result, they had strikingly different expectations about marriage.

"Alan was a mensch—a kind, sensitive man totally unlike the other men in Ronny's life. When his parents divorced, he was left to his own devices. He grew up alone and lonely, watching TV, getting lost in his music and trying to distance himself from his intense, controlling mother. In his father he saw a man who didn't want to get emotionally involved with his family, who let others make decisions for him. Still, emboldened by his music, Alan developed his own work ethic, and at an age when most kids are still in college or dancing at discos, he started working.

"Now, at twenty-two, Alan was working round the clock trying to get ahead in his career. Though he adored his wife, he was unable to devote the time and energy necessary to build an intimate relationship. Ronny represented to him a mother figure, who would love him, care for him—and, frankly, clean up after him. He certainly didn't want or expect her to be like his demanding, nagging mother.

"Ronny, at twenty-six, had already been working in her chosen field for six years. She was ready to settle down and have a more accomplished, successful life. Ronny grew up in a middle-class household where Mom was Betty Crocker and Dad was king. A strict authoritarian, Ronny's father was unable to accept his daughter's typical rebelliousness during her adolescence and took to constantly criticizing her. As a result, Ronny grew up with low self-esteem and a tremendous need to prove to herself that she could make a man love her—no matter how horrible he was.

"Alan was the first truly kind, loving and decent man Ronny had met. Though she appreciated his many fine qualities, she wished he was more of a go-getter who could provide the lifestyle she wanted.

"When they first came to see us, Ronny was furious. She was hurt and disappointed that Alan didn't want to devote more time to their marriage. While she supported Alan's career, she had also expected that the years of round-the-clock working would be over by now.

"Compounding the problem was the fact that Ronny also felt guilty for feeling the way she did. After all, her *(continued on page 20)*



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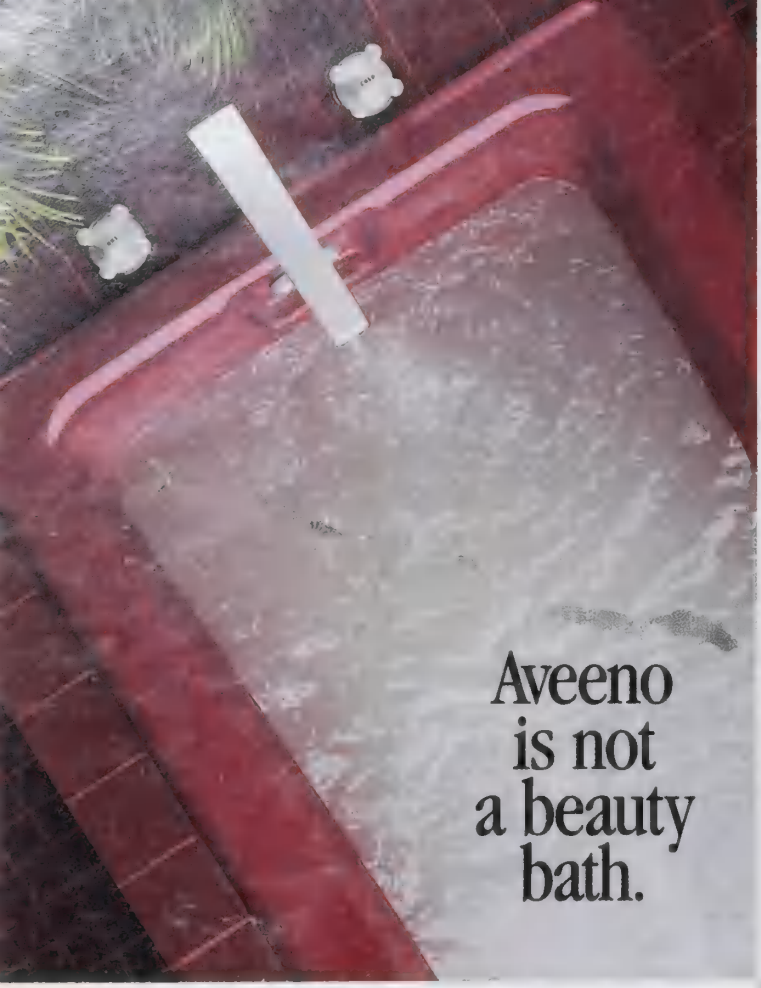
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That meant they had to clarify daily what their exp
tions and needs were. For instance: Instead of expectin
husband to read her mind and pick up the dry cleaning
then berating him when he didn't, Ronny had to say: '
could you please pick up the dry cleaning tomorrow?"

"At the same time, Alan had to stop seeing hims
the poor henpecked husband. Until they came for
seling, Alan didn't understand the role he played in
problems. He saw himself as the victim of a nagging
There was also an issue of control: Ronny admitted
like her father, she wanted to be in charge of a situa
Alan resented that, but since he preferred to avoid
frontation, he tried to control the situation another
by purposely, or unconsciously, not doing what she a
This is what therapists call passive/aggressive beha

"However, we told Alan that if he didn't want
nagged, then he had to be more responsible and f
through with his promises. Once we pointed this ou
understood and made an effort to change.

"We also told Alan that the fact that his time w
limited was all the more reason for him to let R
know in other ways, however small, that he was thin
of her. That could take the form of talking to her
she called him at work (Ronny promised to curtai
calls, and Alan acknowledged there was no excuse fo
returning a call when he was free); buying her flowe
making suggestions of things to do on his weekends

"As time went by and his talents at work were re
nized, Alan gained the confidence to ask his superior
more money as well as a more reasonable work sche
Much to Ronny and Alan's delight, his boss agreed.

"This couple ended therapy after fifteen months,
fortable with themselves and each other and better
to put their priorities in order."

CAN THIS MARRIAGE BE SAVED?

continued from page 16

husband wasn't gambling or running around with other women. He was working. How could she complain about that? Ronny's depression was triggered by the fact that she didn't feel justified in expressing her anger.

"One of the first things we did was point out that Ronny had a right to expect that her husband think about her needs and desires as well as his own. But we also made it clear that some of Ronny's other expectations were unrealistic for now, considering her husband's age and career. Unless she accepted this and adjusted her timetable accordingly, their marriage would not make it.

"Alan was devastated when we said this, and at first he did not want to return to counseling. However, we explained that the only way they were going to resolve their differences was if they both took off their rose-colored glasses and viewed their relationship honestly.

"In a short time, Ronny really did change. She loved Alan and had a lot of faith in his ability. Once she was able to tell herself that in time Alan would move ahead in his career and they would be able to have a more normal existence, we were able to focus on other problems.

"The most immediate one was their constant fighting. Not only did their expectations clash, but there was no time to talk through differences. (The fact that Alan avoided confrontation exacerbated the situation.) To defuse the fights and help them refocus their energies, we established some rules: no name-calling, cursing, screaming or walking out of the room. Also, neither was to use as a weapon something the other had revealed in confidence.

"Another aspect of fighting fair is learning to acknowledge each other's feelings without judgment or criticism.



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Cristina Ferrare

...ow I went from size 14 to size 10."

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...n I discovered Ultra Slim-Fast... ...as amazed how easy it was.

didn't feel like I was on a diet—never hungry eprived and I lost all that weight on the Ultra -Fast Program. I had a thick delicious Ultra -Fast shake for breakfast (hint: I make it in a nder with ice), one for lunch, and a Slim-Fast rition Bar for a snack (the peanut butter ones great!), then a sensible dinner every night. We n went out to my favorite restaurants.

...as amazed at how energetic I felt.

Ultra Slim-Fast is healthy and nutritious. Each ke gave me an abundance of vitamins, minerals, ein, important fiber and carbohydrates. This itionally balanced program gave me all the rgy I needed to keep up with my hectic sched- —and my four children.

Best of all, I actually went from a size 14 to a size And I haven't felt this good since I was 22."



Cristina Ferrare may not be typical of the average Slim-Fast user. Most users need less weight. Weight loss varies with the individual depending on a variety of factors.

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Cristina's Pina Colada

8 oz. skim milk
1 heaping scoop Ultra Slim-Fast Vanilla
1/4 cup pineapple
1/4 cup banana
3/4 tsp. coconut extract
1/4 tsp. rum extract
1 pack lo-cal sweetener
10-12 Ice cubes
Blend until smooth.

Mocha Creme

8 oz. skim milk
1 heaping scoop Ultra Slim-Fast Chocolate
1 1/2 tsp. instant coffee
1 1/2 packs lo-cal sweetener
10-12 Ice cubes
Blend until smooth.

CUT ALONG DOTTED LINE

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"I fought the drug lords"



P.F. Gero/Sygma

My family and I were forced to flee to America, where we now try to live normally. But because I was once Colombia's minister of justice, the drug dealers may threaten us forever. By Monica de Greiff, as told to Guy Gugliotta

For ten years, Colombian drug cartels have been waging bloody combat against the forces of law, bribing those they can and murdering those who stand against them. Among their victims have been fifty judges, two hundred police officers, twenty-eight journalists and two cabinet members. Near the top of the hit lists: ministers of justice, who have the power to enforce the extradition of drug traffickers to the United States.

Last July, that perilous job was assumed, for the first time, by a woman. Thirty-two-year-old Monica de Greiff, a lawyer, wife and mother, withstood the terrible pressures of her job for two months before threats to her son led her to resign and seek sanctuary in the U.S. But even in her short tenure as justice minister, this brave young woman came to symbolize the enormous odds we face in winning the war against drugs.

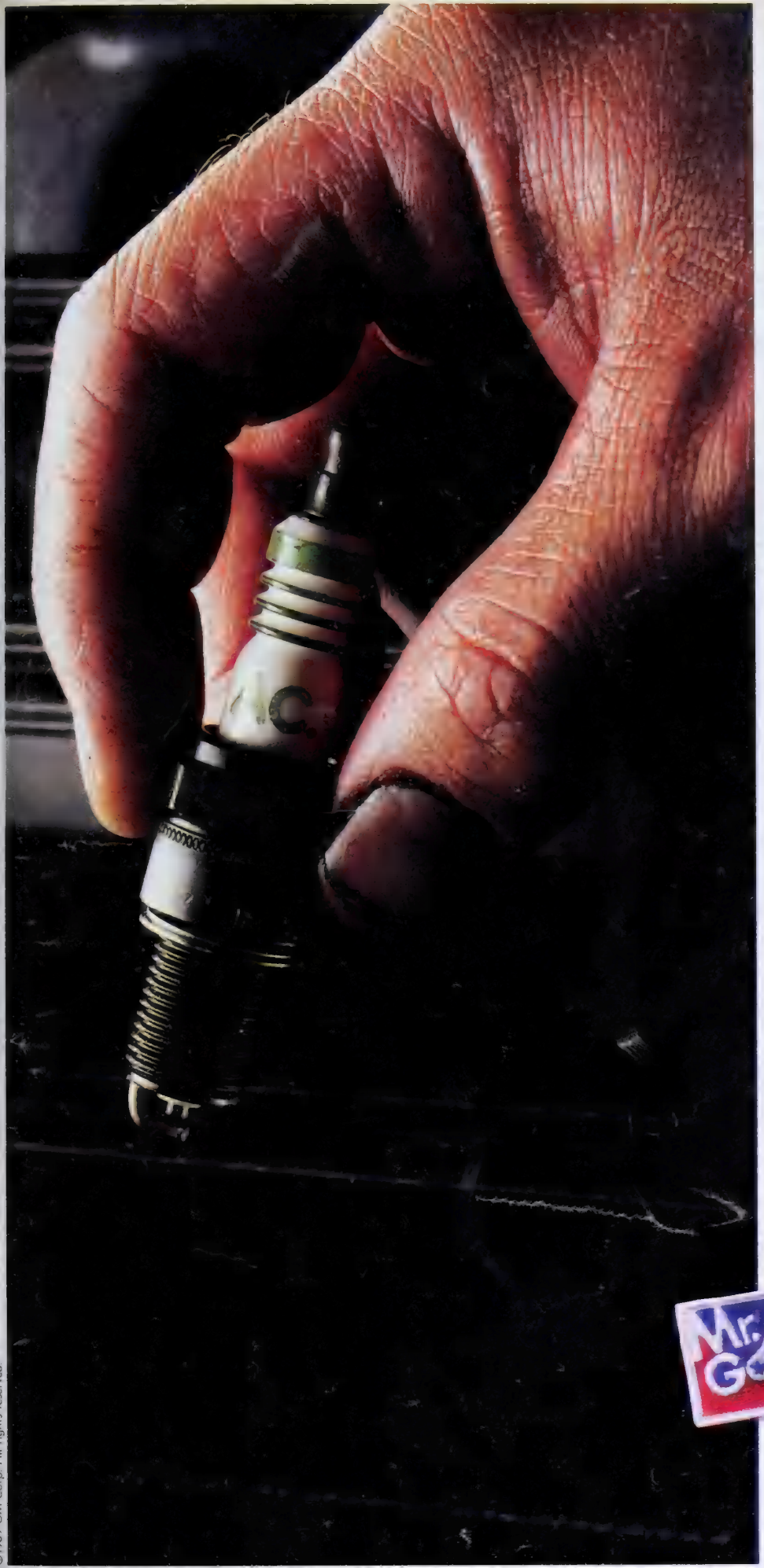
I live in Florida now, but to reveal my exact location could mean death for me and my family. Since I resigned as justice minister last September, my husband, Miguel, our four-year-old son, Miguel José, and I have been trying to live a quiet, normal life despite the constant fear of being found by the drug lords and killed.

When President Virgilio Barco Vargas appointed me justice minister last summer, I was surprised and grateful and accepted proudly. I knew I had the experience necessary for the job—I had left my legal practice to go into government work in 1984, and I had been appointed vice-minister of justice just five months before. I thought I could help reform the judicial system, rehabilitate our prisons and, most important, provide protection for our judges, who had been victims of the cartels' killers for years.

I knew that the job was potentially dangerous, but I wasn't overwhelmingly afraid. I simply didn't realize how powerful the drug traffickers had become.

I found out quickly enough, however. In my first month on the job, the cartels launched a campaign of violence that was shocking even by their usual murderous standards. First they killed Judge Maria Diaz Perez, in broad daylight, along with two bodyguards, because she had been investigating drug-related murders. I was devastated. We had given her a bulletproof vest and guards, and still they had murdered her. We had not done enough.

To my horror, the killings didn't stop there. Over the next few days, two other public officials were assassinated. In response, all forty-five hundred judges in Colombia went on strike, *(continued on page 26)*



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continued from page 22

bringing the justice system to a halt, and they threatened to resign unless we gave them new protective equipment and enforced better security measures immediately. But we had no money—we couldn't even get bullet-proof vests for everyone who needed them. I felt frustrated, powerless and angry with the killers who had turned my country into a land of terror.

The crisis peaked on August 18, when the police chief of Medellín—the "drug capital" of the country—was murdered. Within hours, President Barco called an emergency cabinet meeting, and we discussed extradition measures for the hit men, who were wanted in the United States. I hated to admit that our own justice system didn't work. But there was no question that this was the one weapon the traffickers feared. They have a slogan: "We prefer a tomb in Colombia to a cell in the United States."

We were just about to adjourn for the night when we learned that Senator Luis Carlos Galán, who belonged to the Liberal party, had just been slain at a campaign rally. We were stunned. If the most popular politician in Colombia wasn't safe from the drug cartels, how safe would we be now that we were about to enforce extradition?

Then, the following week, the war came home to me. I began getting anonymous telephone calls, at both my office and my house, from men who swore at me, called me names and said they were going to murder me. "You're dead, you whore," one said. "If you extradite anyone, we'll bury you." I angrily slammed down the receiver.

Then the callers began threatening Miguel José. "We know you're a mother, and we know your son," said one. "Watch out for him; we know what he does every day. We don't respect the families of those who don't respect us." I was furious and terrified at the same time; the drug lords knew all too well that threatening a child was the worst thing they could do to any mother.

Even my husband, who had always supported my work wholeheartedly, admitted that he was worried, not so much for himself as for Miguel José. We had heard about government officials who had been sent anonymous videotapes of their children, proving that the drug lords could easily find them and kidnap them—or worse.

I tightened my security measures. During my five years in government service, I'd always had at least two bodyguards, but now I had an armored car and a twenty-two-man secu team guarding me and my fa around the clock. It still didn't s safe enough. The fear never left Even Miguel José, who was too yo to understand, sensed something very wrong.

Miguel and I agreed that we ha get our son out of Colombia. Mi would resign from his job in televi advertising and take Miguel Jos the United States while I staye Bogotá. I was heartbroken at thought of being separated from th but the thought of my son's endan ment was worse.

It was an emotional farewell, a wondered if I was doing the right th Was serving my country really m important than staying with my f ily? But I knew that I was needed th

Soon after my family left, rumor my impending resignation began culating. I had recently given an in view in which I had said that I ferred being justice minister in ti of peace—meaning that the job is o ously tougher in wartime—but quote was misinterpreted as mea that I was unhappy with my job.

I realized how far the rumors spread when I visited Washing D.C., in late August to discuss fi cial aid to help Colombia fight



cartels. When I turned on the TV
hotel room, I was shocked to see
body talking about my resigna-
-some American reporters were
speculating that I was asking for
cal asylum!

lled President Barco from the Co-
an embassy, and he asked me
I wanted to do. "I want to stay in
until the end of your govern-
, Mr. President," I replied. Later,
crowded news conference, I said
I had no intention of resigning.

ile in Washington, I met with
Attorney General Richard Thorn-
and negotiated a $5 million U.S.
rogram for our justice system. I
spoke to the national drug control
director, William Bennett. After
neetings, I visited my family in
da and returned home, confident
matters were under control.

ey weren't. Two weeks after my
n, I got a call from President
, asking me to serve as ambassa-
o Portugal. I'd been in govern-
long enough to know what that
t: The president wanted me out of
ay. That night, I wrote my letter
signation; it was accepted four
later.

e President later told me that he
ed that my high-profile image
t put me and my family in even greater danger. Some political observers later suggested that he was also concerned about being overshadowed.

After my resignation was accepted, I flew to Florida to be with my family. At first, it was like a vacation. I hadn't had this much time to be with my husband and son in years. We went to the beach, visited Disney World, relaxed, talked and caught up on reading.

Still, it's hard to be idle after having been so active in important causes for so long. It will be difficult for me to work. I can't practice law here because the American legal system and licensing requirements are so different from those in Colombia. It's frustrating, but I know I just have to keep trying.

For now, we're trying to live a normal life: I go to the supermarket, talk to my friends, take Miguel José to the park—just like any other *señora*. The only difference is that we are under constant guard.

I've been following American politics more closely than I once did. When I heard President Bush's drug policy speech, I was pleased to hear him talking about the importance of education and treatment, as well as interdiction and law enforcement measures.

However, I think the real solution to the drug crisis lies in helping countries flourish economically without having to manufacture drugs. It's all very well to destroy drug laboratories and burn coca plantations, but if we don't help the people grow legal and profitable cash crops, they'll have no other way to make a living. We need preventive action as much as we do punishment.

I'm still surprised by how many people remember me. One day I was at the market with Miguel José, and a woman from New York asked me, "Aren't you Mrs. de Greiff, from Colombia?" I replied that I was, and she said, "Well, you can't go back there. You can't put this child in danger."

She was right, of course. I love Colombia, and I want to go back, but I'm very concerned about my son's safety. Until he can be safe in our country, we can't go back. Even here in America, I find myself wondering if we're being watched. The drug kingpins have so many connections that it's hard to tell how much they know or what they plan to do.

Still, I want to be able to finish the job I started. I want my country to be safe again, so that my family and I can return. ■

Guy Gugliotta is a free-lance writer who specializes in Latin America. He is co-author with Jeff Leen of "Kings of Cocaine" (Simon & Schuster, 1989).



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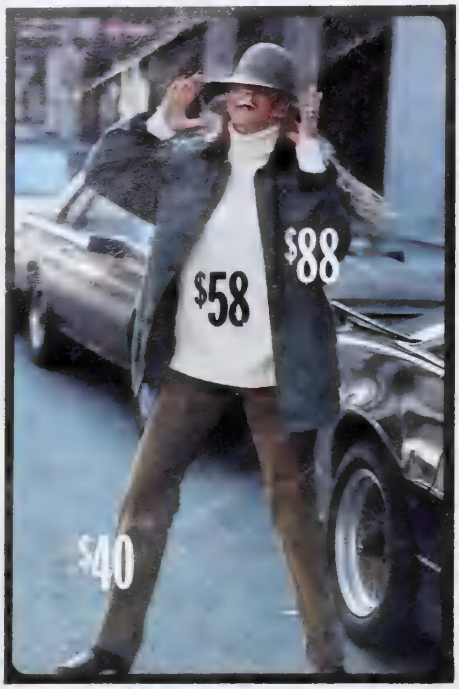


Winter beauty boosters

Help is on the way to energize your looks for the big chill. We've discovered the very best way to flatter pale winter skin. Just **think pink** *Trade in your favorite red lipstick for a softer, more flattering shade of rose, tawny pink or coral-pink. Great pinks to try now: Maybelline Moisture Whip Lipstick in Porcelain Pink, CoverGirl Continuous Color Lipstick in Wild Rose, Almay Moisturizing Lipstick in Cameo Pink, Revlon Color Memory Soft Matte Lipstick in Pinkish, and L'Oréal Creme Riche Lipstick in New Rosey. Want to give a washed-out complexion instant radiance and polish?* **TAKE A POWDER** *Choose a golden terra-cotta face powder in a close-to-skin-tone on pink powder for subtle warmth Try the Body Shop Colourings Terracotta Bronzing Powder, or whisk on a pretty pink like La Poudre de Chanel Translucent Loose Powder in Pink, Christian Dior Poudre Libre in Scandinavian Rose, or Charles of the Ritz Ready Blended Powder in Pink Sand.* **lighten up** *Emphasize your eyes the new softer way with subtle shading. Skip bright and dark shadows. Avoid pencils altogether—line and shade eyes with powder shadows. Complement natural eye color with matte taupes and browns or muted earth tones like plum, apricot, khaki, ivy. Accent lashes with soft brown instead of black mascara. We love Almay's English Tweed 8 Hour Eyeshadow Trio; L'Oréal Couleur! Couleur! 8 Hour Eyeshadow Trio in Couleurs Café; Maybelline's Blooming Colors Eye Shadow Spotlight Colors in Broadway Brown and Dramatic Plum; and CoverGirl's Candlelit Dreams Eyeshadow Collection.* ▶



All photos, West Hollywood. Models: top right, Michele Lady of Cindy Bowen Key; bottom left, Lisa





CATALOG SHOPPING IS NOT ONLY THE FASTEST, MOST HASSLE-FREE WAY TO STOCK YOUR CLOSET, IT ALSO OFFERS GREAT VALUES FOR THE KINDS OF WONDERFUL WARDROBE BUILDERS WE'RE ALWAYS LOOKING FOR. HOW TO MAKE THE MOST OF SHOPPING BY MAIL?

Mail-order chic



(Clockwise from top) A special delivery of real street chic: fine-wale cords in acorn (#14723P), cabled lamb's-wool sweater in natural (#10232P), barn jacket in moss (#7723P), crew socks in black (#3571P); all from J. Crew. City slicker: pleated trousers in camel (#11581P), mock turtleneck in black (#5313P), houndstooth jacket (#8211P); all from J. Crew. Going out in style: slim lamb-suede skirt by Hugo Buscati in fawn (#FC913-078), available through Victoria's Secret; merino wool turtleneck in brown (#17781P), from J. Crew. **Details, page 164.**

Use your catalogs as quick fashion lessons: Note how the catalog styles the clothing for photo appeal—are sleeves rolled up, shirttails tucked in or out? The ideas work in real life, too! ■ Rethink the basics you usually buy. Instead of ordering white, black or navy tees, try tangerine, bright yellow or lime. Sample a short-sleeved sweater instead of a blouse to wear under jackets. Add more texture to your wardrobe with an old favorite in a new fabric—try a velvet tee, a pink corduroy workshirt or a quilted sweatshirt. ■ Update your wardrobe with catalog accessories. You'll find great prices for up-to-the minute belts, hats, shoes, gloves, bags, socks, sunglasses. ■ When you call in your order, ask practical questions. Are shoulder pads removable? Is an item machine-washable or dry-clean only? Are trousers fully lined? Is the true color of an item shown in the picture? Turn the page for our guide to what's smart (and chic!) in the top catalogs.



Morris Inc. 1990

SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

15 mg "tar," 1.0 mg nicotine av. per cigarette by FTC method



Bedtime cozy: Cotton flannel pajamas in mango (#18911P, #19011P) and cotton flannel robe in aloe (#19041P), both from J. Crew.

THE TOP TEN CATALOGS' BEST BUYS

VICTORIA'S SECRET Gorgeous lingerie as well as nine-to-five and evening wear. Best buys: Sexy bras and bikinis in yummy colors.

L.L. BEAN *The* source for rough-wear. Best buys: anoraks, chamois shirts, Ragg sweaters and silk long underwear in pink!

LANDS' END Classic American basics. Best buys: tailored oxford-style shirts and brushed-flannel plaid shirts; lamb's-wool pullovers; cardigans; polos in hard-to-find pastels; cotton turtles in aqua, celery, dusty rose.

TWEEDS Wonderful weekend wear and casual work looks with European dash. The muted colors are special—ocher, grape, bay leaf, mushroom. Best buys: billowy poet shirts in washed silk, cotton broadcloth, rayon; boat-neck tees and sweaters; cropped pants.

J. CREW Up-to-date weekend basics in classic colors and trendy shades like orange and lime. Best buys: T-shirts, pleated corduroy trousers, barn jackets, flannel PJs in crayon brights.

TALBOTS Classic, timeless clothes for work or after five. Best buys: notch-collar blazers, status silk scarves, velvet skirts, silk charmeuse French-cuffed blouses.

ROYAL SILK Elegant and affordable silk pants, blouses, jackets, T-shirts and silk-blend sweaters. Best buys: cap-sleeve silk tees.

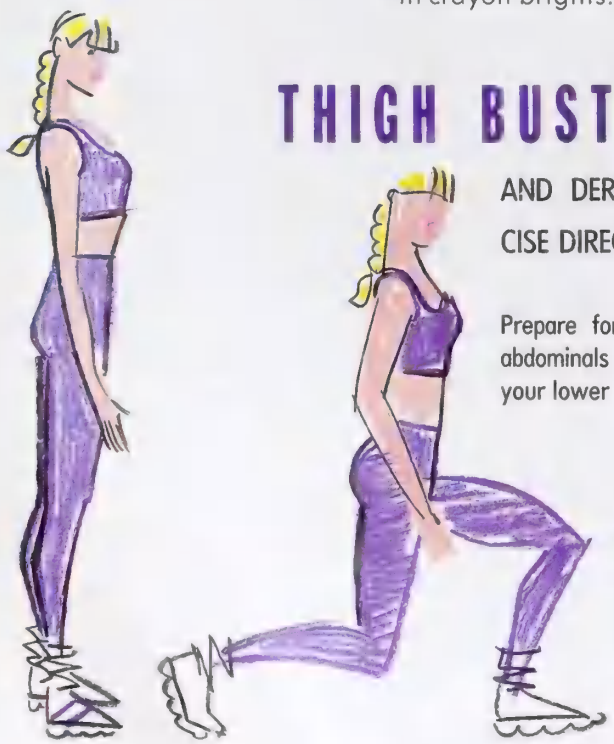
CLIFFORD AND WILLS Sophisticated, quality separates and accessories at great prices. Best buys: Designer-look bodysuit with draped crossover neckline, ivory silk charmeuse blouse.

CHADWICK'S OF BOSTON Discounted designer clothing—by Anne Klein, Calvin Klein, Stanley Blacker. Best buys: sophisticated work clothes and accessories.

SPIEGEL A huge selection of sportswear and work clothes from two major catalogs per year. Also, additional catalogs for petites, large sizes, career clothes and brand-name basics for less. Best buys: total designer looks, including accessories, from Vittadini, Anne Klein, DKNY, Ellen Tracy.

THIGH BUSTER

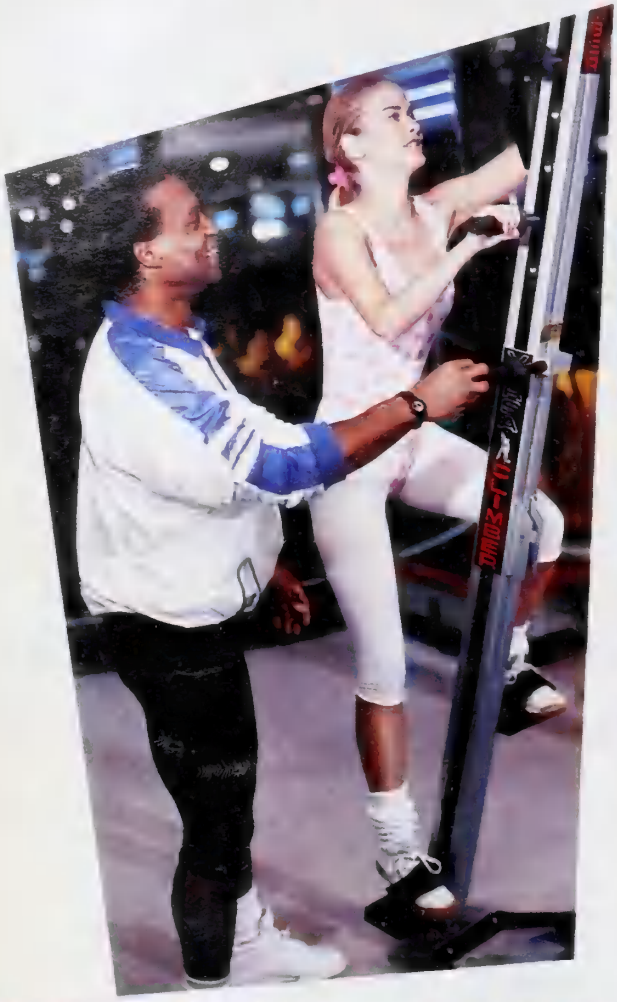
LUNGES ARE THE BEST WAY TO SHAPE THIGHS AND DERRIERE. HERE'S HOW FROM LEANNE EVANS, EXERCISE DIRECTOR FOR FOUR SEASONS HOTEL & RESORT, DALLAS.



Prepare for the exercise by standing straight, hips tucked under and abdominals taut, feet parallel and two inches apart. Remember, never arch your lower back. The exercise will be completed in four steps on each leg.

■ Step forward the length of one exaggerated stride. ■ Lower trailing knee so calf is parallel to floor. Front knee stays directly over heel. ■ Pushing up through thighs, return to position one, keeping hips tucked and abdominals tight. ■ Pushing through buttocks, bring feet together, returning to starting position. Repeat exercise fifteen times for each leg. Tip: For increased strength (advanced exercisers only), hold a three- to five-pound dumbbell in each hand during exercise.


No more
poodle-tight perms.





Top New York trainer Rich Coggins monitors a client's every move to ensure maximum fitness results

Advice from PERSONAL TRAINERS

IF YOU CAN'T MOTIVATE YOURSELF TO EXERCISE, BUT YOU'RE DETERMINED TO SHAPE UP, A PERSONAL TRAINER MAY BE YOUR TICKET TO THE BODY YOU ALWAYS WANTED. COULD THE FITNESS GURUS THAT HELP CELEBS FIRM UP WORK FOR YOU? WE ASKED TOP PERSONAL TRAINERS FOR THEIR TIPS

"A professional fitness instructor is hired to help a client set, reach and maintain her exercise goals safely, as well as help her feel good about herself," explains Rima Otero, a New York–based personal fitness instructor. According to L.A.–based trainer Dan Isaacson, who works with superstars like Jane Fonda and Brooke Shields, "Trainers help people regain the health that they were born with."

Who needs one?

"Motivation is probably the number one reason personal training has become so successful," says Rich Coggins, a personal trainer from the Manhattan Sports Club, in New York City. "A trainer can encourage you to push yourself a little more each day," says Dan Isaacson. Coggins advises you to consider hiring a trainer if you are feeling sluggish, are beginning to gain weight, or would just like to stay healthier and stronger longer. "However, before beginning any exercise regimen you must get a medical exam," he insists. "Once you've decided to invest in a personal trainer, become an educated consumer," advises Michael Motta, a trainer at Plus One Fitness Clinic, NYC. "Check a trainer's education and clinical background. Ask for references."

The secrets to success

What special, no-fail exercises do personal trainers know that no one else does? We asked them to let us in on their tried-and-true fitness routines.

Michael Motta says the standard bent-knee sit-up is the ultimate tummy toner. But you must use stomach muscles, not neck muscles. How? With feet flat on floor, lace fingers behind head, not neck, and concentrate on flexing abdominal muscles. When lifting upper torso, pull abdominals in and up. Motta also points out that no matter what exercise you do, you must focus on the muscles you are *(continued)*

Master your curls with Adaptable Perm®.



The first perm you "lock-in" when the curl is just right.

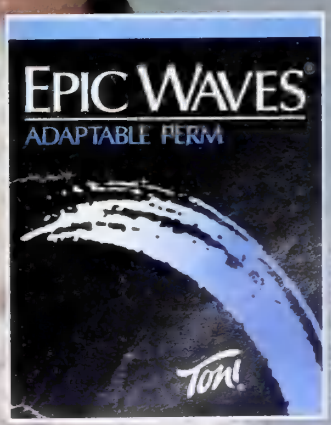
Now see the exact level of curl, wave or body you want *before* you "lock-in" your perm.

This unheard-of control is all due to the Epic Waves™ Adaptable Perm finishing rinse. It lets you "lock-in" your perm anytime in the first two days.

After perming, style your hair. Then apply the finishing rinse immediately to "lock-in" maximum curl, wave or body. Or, delay the "lock-in" step up to two days for a more relaxed look.

Whatever your look, have months of shiny, sensational looking hair with Adaptable Perm.

Only from the Epic Waves Collection.



Learn to perm fearlessly.

(continued) using and relax the other muscles. If you're tensing, you're doing the exercise incorrectly.

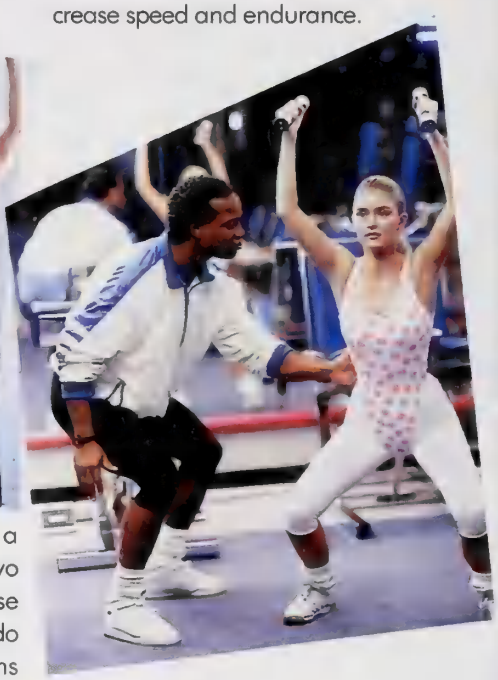
■ Rima Otero raves about increasing exercise benefits by using special giant rubber bands—they're affordable and you can take them anywhere. For great upper-body toning and reshaping, stand with legs shoulder-width apart and grasp band at either end, wrapping the ends around hands. Raise arms to shoulder level and pull band out in both directions in a bouncing motion. Do two sets of eight. Then raise arms to eye level and do two sets of eight. Finally, raise arms above and behind head and do two sets of eight. (To order a set of bands, call the American Hospital Supply Company, 718-434-5444, and ask about Thera-Bands. They are color-coded according to resistance level, so that you can build up as you increase strength.)

■ Dan Isaacson recommends the plié, a traditional ballet movement that works the buttocks, legs and abdominals and improves balance and coordination. Stand with legs shoulder-width apart, feet pointed out slightly, arms extended at sides, palms facing floor, or grasp a side of a chair for balance. Keeping back straight and shoulders back, bend at knees, pressing feet into floor as you move down. Keep knees over toes and make sure hips don't move below knees. Then press up, keeping back straight, tighten buttocks and repeat. Begin with one set of ten; work up to three sets of ten.

■ Rich Coggins tells all his clients to walk for overall fitness. A proper stride involves coming down heel first (follow through with base of foot and toes). Keep arms in running position, and to tone them, move them in rhythm with your stride. Walk until you feel an increased heart rate. In time you'll increase speed and endurance.







Another pro NYC trainer, Rima Otero, demonstrates the proper rubber-band workout. She's used to making bodies look perfect: Among her many model clients is Maria Von Hartz, who depended on Rima to get beach-sleek for the 1989 Sports Illustrated swimsuit issue. Rich is also responsible for helping weight-watching celebs Oprah Winfrey and Geraldo Rivera slim down and firm up

Extra training tips

■ Never go for the intense burn—go for the point of fatigue. Don't push beyond your limits. ■ When stretching (and you must always stretch before exercising) never bounce; hold the stretch. ■ Find your target heart-rate training zone before you begin a program—a program should take you to 70 to 85 percent of your maximum heart rate. Your approximate training rate can be determined with the following formula. Beginners: Subtract your age from 220 and multiply by 70 percent. Intermediates: Subtract your age from 220 and multiply by 80 percent. Advanced: Subtract your age from 220 and multiply by 85 percent.

Refreshing news for a smooth, healthy face

Water-based moisturizers.

When it comes to replenishing its natural moisture, your skin just can't get enough of the clean, cool softness of fresh water. Which is precisely the reason to consider the water-based moisturizers from Neutrogena® Non-comedogenic (won't clog pores), fragrance-free and so pure, they actually work with your skin—not just on it—to leave your face looking soft and healthy-smooth.

afe even for contact lens wearers, Neutrogena® Eye Cream smooths ıe appearance of lines in the extra-sensitive eye area.

Neutrogena Moisture® maintains its natural moisture, leaving your ıce softer, smoother, healthier looking.

While your mind and body are at rest, Neutrogena® Night Cream provides a moist, revitalizing environment for your skin, so it feels softer, more thoroughly refreshed in the morning.

You'll find Neutrogena® water-based moisturizers at your drug store.



diet

NUTRIPOINTS

A REVOLUTIONARY COMBINATION OF NUTRITIONAL SENSE AND SCIENCE—IT'S THE PERFECT DIET FOR THE NINETIES!



What's in a number? With Nutripoints twenty-six different factors have been computed to give you one simple score. You'll lose weight and eat healthier than ever before

Cynthia Brown

Have you ever stood in the supermarket studying the side of a box trying to calculate just how many calories lurk in a gram of fat? Or wondered which is better for you—strawberries . . . or grapes? Bran . . . or wheat germ? Have you gone on diets only to learn that they were damaging to your health?

Over the years as a wellness-program director at Cooper Clinic Aerobics Center, in Dallas, Texas, I developed the Nutripoint program. It's radically different from anything you've ever come across. With Nutripoints you'll lose weight *and* get optimal nutrition. It's the first—and only—reference system that weighs the bad factors in any given food against the good factors and comes up with just *one number* that tells you all you need to know. The higher a food's Nutripoint score, the higher it is in eighteen key nutrients—and the lower it is in calories, cholesterol, fats, sodium, sugar and caffeine.

By Roy E. Vartabedian, M.D., and Kathy Matthew

All you have to do is eat what amounts to one hundred Nutripoints or more per day, chosen from six food groups. Follow this rule, and you'll be guaranteed an optimum diet.

Our diet has two principles: to get the highest levels of nutrients, and to achieve this with the fewest calories. Every single calorie has to count.

A Nutripoint number is not, like a calorie, a one-dimensional figure; rather, it's an *(continued)*

From the book NUTRIPOINTS: THE BREAKTHROUGH POINT SYSTEM FOR OPTIMAL NUTRITION, by Dr. Roy E. Vartabedian and Kathy Matthews. Copyright © 1990 by Dr. Roy E. Vartabedian and Kathy Matthews, Inc. Printed by arrangement with Harper & Row, Publishers, Inc.
Neither the NUTRIPOINT concept, nor this excerpt, is sponsored by or affiliated with Nutrisystems, Inc., or the Nutrisystems weight-loss program.



ONE OUT OF FOUR ADULTS FACES THE RISK OF HEART DISEASE

It's frightening, but true. ecause of high cholesterol, ne out of four adults risks heart isease. Fleischmann's® has zero holesterol and low saturated fat. nd a low cholesterol, low aturated fat diet with foods like



Fleischmann's can help stack the odds in your favor.

So, try the delicious taste of Fleischmann's. After all, your heart is in your hands.

FLEISCHMANN'S.

HELPING YOU TAKE CONTROL OF CHOLESTEROL

NABISCO BRANDS, INC. 1990



(continued) overall rating. You want to get more Nutripoints because a high Nutripoint score means your diet will have more vitamins, minerals, fiber and protein and less cholesterol, total fat, saturated fat, sugar, sodium, caffeine and alcohol per calorie.

On the Nutripoint program you'll meet all the major nutritional guidelines—including those set by the American Heart Association and the American Cancer Society. You'll be getting at least 100 percent of the Recommended Daily Allowances for vitamins and minerals as well as the optimal amount of fiber, protein, carbohydrates and fat.

Also, if you've ever been on a diet before, you know how much most of them rely on complicated meal plans. Nutripoints lets you create your *own* meal plans. Just choose the highly rated foods you like to create the meals that give you the best nutrition.

A glance at the Nutripoint scores for various foods is an eye-opener. We all know the old adage about "an apple a day . . . ," but did you know that cantaloupe at 29 Nutripoints is a far better choice than an apple at only 4.5? Although both are good for you, one-quarter cantaloupe has fewer calories (50, versus 80 for the apple) and more iron, fifty times the vitamin A, ten times the vitamin C and more of most other nutrients.

Another surprise: Some cuts of beef are better choices than some fish—lean round steak (4.0) is a better choice than baked flounder (3.5). Also, the more a food is processed—the more salt and fat (or sugar) are added—the lower its Nutripoints. Some foods are so low in Nutripoints that they're actually rated with a *negative* number. Alcohol, for example, is high in calories and almost devoid of nutrients, so it's given a very negative rating.

JONI'S STORY

Here's what happened to one woman who came to the Nutripoint plan reluctantly. Joni, forty-two, knew that she had to lose about fifteen pounds, but she thought her current daily diet was pretty good. When she came to our clinic, Joni didn't expect any surprises from the physical we gave her.

When the results arrived, she was shocked. Not only was she overweight, but her cholesterol was 228 and her blood pressure was high. Worse, her family history of osteoporosis indicated that she'd have to increase her calcium, while somehow, because of her weight problem, avoiding fat.

Joni was confused until I asked her to chart a typical day's eating. I evaluated it using Nutripoints, and here is what we came up with:

BREAKFAST	NUTRIPOINTS
oat-bran muffin	3.0
coffee	−3.5
cream	−1.5
SNACK	
container blueberry yogurt	1.0
LUNCH	
pasta primavera	3.0
bread	2.5
butter	−4.0
1 glass wine	−13.0
salad	33.5
Italian dressing	−2.5
DINNER	
frozen sweet-and-sour chicken dinner	1.5
frozen peach yogurt	−2.0
2 glasses wine	−26.0
Total	**−8.0**

If you just look at the foods themselves, it would seem that Joni's diet is reasonably healthy, until you see that her total daily Nutripoint score, which should have been close to 100, was actually −8.0. And Joni had thought herself well versed in nutrition! In fact, she had no notion about the *positive* elements that were missing in her diet, and she didn't realize how many fats and sweets she was eating.

Joni was resistant to a "diet," so I told her we'd stick with her eating pattern but upgrade it with Nutripoints. Here's a typical day on Nutripoints:

BREAKFAST	NUTRIPOINTS
cornflakes	18.0
skim milk	9.5
¼ cantaloupe	29.0
decaffeinated coffee	−0.5
skim milk	4.0
SNACK	
nonfat plain yogurt	9.0
fresh or frozen strawberries	8.0
LUNCH	
lentil soup	8.0
pasta, marinara sauce	1.0
bread (no butter)	3.0
tossed salad	33.0
diet Italian dressing	−0.5
fresh fruit salad	13.0
DINNER	
frozen chicken primavera dinner	6.0
frozen broccoli, cauliflower, carrots	33.0
frozen fruit bar	1.0
Total	**174.5**

Joni couldn't believe she could eat practically the same things and improve her diet a thousandfold!

After two months on Nutripoints, Joni called to tell me the results of her latest physical. Her cholesterol was down, she'd lost twelve pounds and her blood pressure was normal.

THE PLAN

The Nutripoint program recommends that you get a minimum of one hundred Nutripoints per day. Any score above that is even better, as long as you stay within the serving requirements for the six food groups. This will give you about 1,000 to 1,200 calories per day—a good level for losing weight. For men or athletic women, a higher calorie level may be desirable. (As with any diet, consult your doctor before starting this program.)

Your diet must be balanced. You can't eat a half cup of turnip greens (79.0 Nutripoints), some asparagus (44.0), radishes (29.0) and cucumber (20.0) and call it a day. You have to choose from *all* the food groups to cover your nutritional bases.

There are six Nutrigroups. To achieve the right balance, you must reach a goal for each group and *you must do it within the recommended number of servings.*

	Servings	Nutripoints
Vegetables	4	55
Fruits	3	15
Grains	2	10
Legumes	1	5
Milk/Dairy	2	10
Meat/Poultry/Fish	1	5
		Your total: 100

To show you how the goals can be met, we'll use the vegetable group as an example. To reach 55 points in four servings, you might have a tossed salad (33 Nutripoints) at lunch, broccoli (38.5) and a baked potato (8.5) at dinner and a glass of V-8 juice (24.5) as a snack. This would give you a total of 104.5 Nutripoints, almost double your goal.

Of course, you might have a day when you don't do very well. Maybe you'll have chef's salad (−1.5), french fries (1.0), cooked zucchini (15.0) and corn chips (−1.5). Your vegetable score on that day is 13 Nutripoints. But you can always boost your total with better choices from other groups. *(continued)*

Log Cabin® Lite has a rich maple taste but it's missing a little something.

Half the calories.



Log Cabin® Syrup.
America grew up on it.

KRAFT GENERAL FOODS © 1990 Kraft General Foods, Inc.

NUTRIPOINTS
continued

NUTRIPOINTS BY NUMBERS

Following are lists of common foods from the six groups. Some of these foods have very low Nutripoint scores. That doesn't mean you can *never* eat them—the program is flexible enough so that you can recover from a lapse. But you can't eat lots of sweets and fried foods and make up for it by eating fruits and vegetables. The good won't cancel out the bad when your goal is optimal nutrition.

The following chart lists specific food and serving sizes, and their Nutripoint scores. Foods with ingredients from more than one group are listed according to main ingredient. Note that if you double your portion—be it spinach or ice cream—you double the score (and negative-rated foods are negatively doubled).

VEGETABLES

Servings per day: **4**
Nutripoint goal: **55**

High scores

turnip greens	1 cup	79.0
parsley, fresh	1 cup	54.5
spinach	2 cups	53.5
broccoli	1 cup	53.0
romaine lettuce	2 cups	47.5
red pepper	1	42.5
cauliflower	1 cup	40.5
cabbage	1 cup	39.0
asparagus	8 stalks	38.5
carrots	1	35.5
mushrooms, fresh	1 cup	32.5
tomato, fresh	1	30.5
iceberg lettuce	2 cups	18.0
baked potato	½	8.5

Low scores

gazpacho	1 cup	1.5
mashed potatoes	¼ cup	1.0
french fries	½ cup	1.0
potato salad	¼ cup	−1.0
corn chips	17	−1.5

FRUITS

Servings per day: **3**
Nutripoint goal: **15**

High scores

cantaloupe	¼	29.0
papaya	½	20.5
strawberries	1 cup	19.0
kiwifruit	1	17.0
honeydew melon	¼	14.0
orange	1	13.5
apricot	1	13.5
grapefruit	½	13.0
raspberries	½ cup	12.5
peach	1	11.0
watermelon	1 cup	10.5
orange juice	6 oz	10.0

Low scores

canned fruit, heavy syrup	½ cup	1.0
canned peaches, heavy syrup	½ cup	0.0
applesauce	½ cup	−0.5

GRAINS

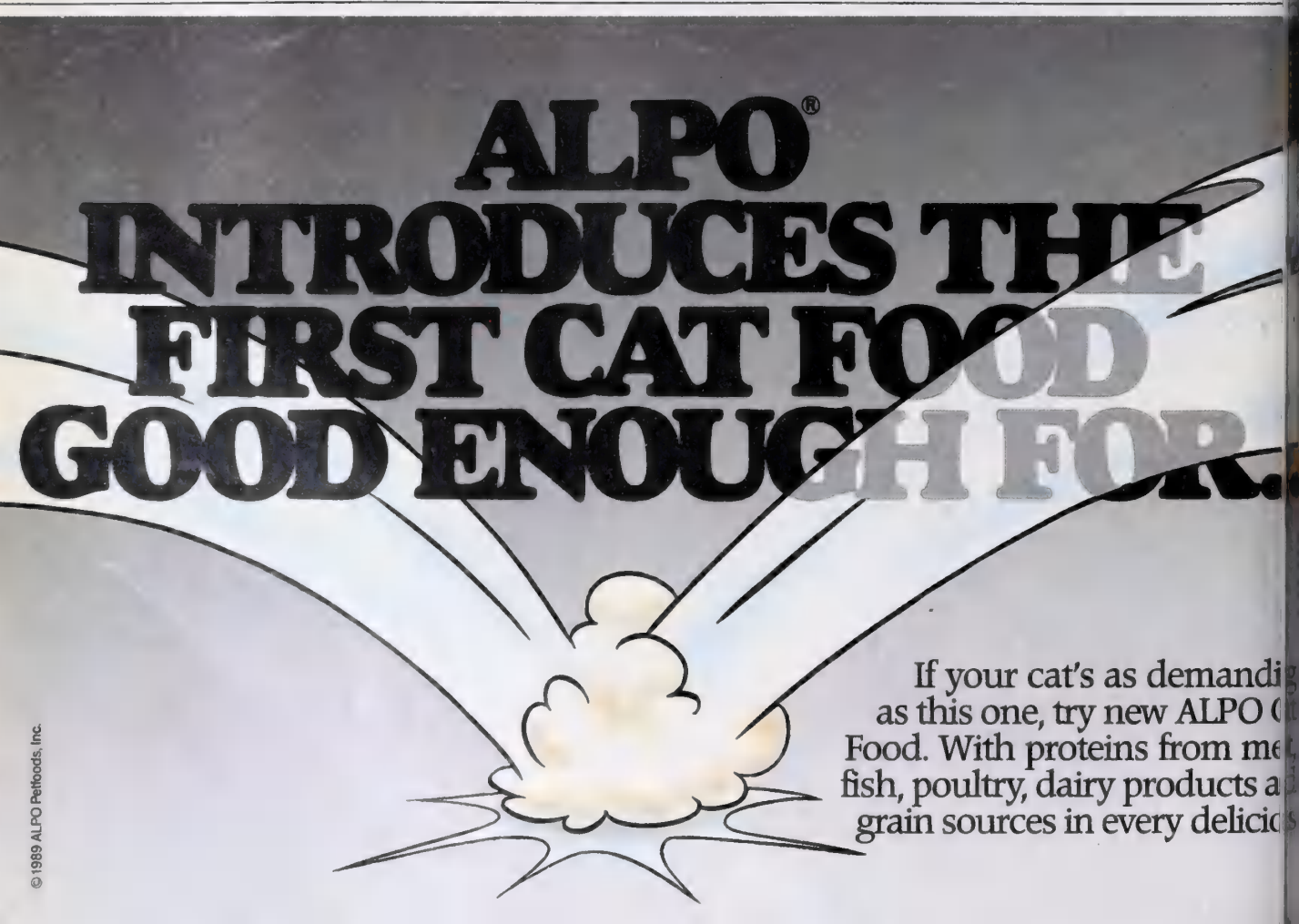
Servings per day: **2**
Nutripoint goal: **10**

High scores

100% bran cereal	½ cup	31.0
wheat bran	½ cup	26.5
shredded wheat with raisins	½ cup	14.0
wheat germ	¼ cup	10.5
hot oat-bran cereal	½ cup	12.0
whole wheat bread	2 slices	6.0
oatmeal	½ cup	5.5
pasta	½ cup	4.0
white bread	2 slices	3.0
white rice	½ cup	3.0

Low scores

biscuit	2	1.5
hot-dog bun	1	1.5



ranola	¼ cup	1.5
lueberry muffin	1	0.0
atmeal cookie	2	−1.5

EGUMES

ervings per day: **1**
lutripoint goal: **5**

ligh scores

ean sprouts	2 cups	18.0
reen peas	1 cup	14.0
plit-pea soup	½ cup	10.0
ma beans	¾ cup	9.5
idney beans	4 oz	8.5
ntils	1 cup	8.0
arbanzo beans	½ cup	8.0
into beans	½ cup	6.5
unflower seeds	¼ cup	4.5

ow scores

nili, bean/beef	½ cup	1.0
alted peanuts	1 oz	1.0
aked beans	½ cup	0.5
eanut butter	1 T	0.0
ixed nuts	1 oz	−1.5

MILK/DAIRY

ervings per day: **2**
lutripoint goal: **10**

ligh scores

olk-free egg substitute	½ cup	17.5
kim milk	1 cup	9.5
nonfat plain yogurt	1 cup	9.0
egg white	1	6.0
low-fat (2%) milk	1 cup	6.0
nonfat fruit yogurt	1 cup	4.5
low-fat (2%) cottage cheese	4 oz	3.0
whole milk	1 cup	2.5

Low scores

American cheese	2 oz	0.0
frozen yogurt	½ cup	−2.0
cheddar cheese	1 oz	−3.5
vanilla ice cream	½ cup	−4.0
egg	1	−12.0

MEAT/POULTRY/FISH

Servings per day: **1**
Nutripoint goal: **5**

High scores

clams, oysters	6 oz	13.0
tuna in water	½ cup	8.0
steamed salmon	3 oz	7.5
baked halibut, red snapper	4 oz	7.5
lean ham	4 oz	5.0
lean hamburger	3 oz	5.0
lean round steak	3 oz	4.0
chicken breast	3 oz	4.0
baked flounder	4 oz	3.5

Low scores

pork chop, pan-fried	1	−1.0
fried chicken	1 piece	−1.0
bacon	3 strips	−1.0
sausage link	2	−2.5
beef hot dog	2 oz	−2.5

EXTRAS

Add these to your day's total:

grape jelly	1 Tbs	−6.0
margarine	1 Tbs	−2.5
butter, salted	1 T	−7.5
coffee	1 cup	−3.5
tea	1 cup	−3.0
soft drink, w/caffeine	12 oz	−6.0
soft drink, diet, w/caffeine	12 oz	−2.5
beer	12 oz	−8.0
wine	6 oz	−13.0
hard liquor	2 oz	−17.0

COMING NEXT MONTH: Meal plans and tasty recipes from the Nutripoint diet.

Roy Vartabedian is executive director of the in-residence wellness programs at the Cooper Clinic, in Dallas. Kathy Matthews is a writer specializing in health and nutrition.



Gabbing with the Golden Girls



NBC/Paul Drinkwater

On camera they are warm, wisecracking women who speak their minds. And guess what. Off camera they're exactly the same

By Eric Sherman

It's Wednesday afternoon on the set of that enduring hitcom *The Golden Girls*. Estelle Getty is poring over her script. Rue McClanahan is drawing all over her script. Bea Arthur is temporarily ignoring her script. And Betty White . . . well, what she's about to do is not in *anybody's* script.

With a devilish glint in her eye, Betty sneaks up behind Rue. And then—Mom, don't let the kids read this—Betty gooses her. Yes, gooses her. Rue, evidently used to such mischief, barely reacts at all.

"Oh, no, no, no!" Betty insists later. "I did *not* goose Rue. That would be beneath me." She pauses grandly for the full comic effect. "I pinched her."

Betty jokingly calls herself and her cronies the Four Grannies. These grannies, however, are clearly in the prime of their careers. Their show has been a top-ten hit ever since it made its debut in 1985; each actress has won an Emmy for her role, and all were nominated again in 1989.

"We are like four points of the compass, both on and off the show," Betty says seriously. Elusive Bea Arthur, cool and self-assured on the outside, is really a bundle of nerves deep down. Quick-witted Estelle Getty is as funny as her character (Sophia) and almost as brazen. Flighty, flirtatious Rue McClanahan always maintains her calm. And sweet, scandalous Betty White, well, she's the Mad Pincher.

These different personalities may keep the show lively, but some say they have also turned *The Golden Girls* into the most bitter set in Hollywood. According to the tabloids, the successful series has sparked more fights than a Mike Tyson marriage. Rue and Estelle are reportedly jealous of Bea's and Betty's higher salaries. Bea is a prima donna. Estelle hogs all the best lines and acts like the star of the show. Betty plays peacekeeper. Even the director is disliked, the rumors say. More recently, six of the show's writers left at the end of last season—four to form their own production company, the rest to accept other job offers.

So what's the truth? The Golden Girls claim they do not battle over lines or limos, but they admit that they don't always see eye to eye. As for *(continued)*

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THE GOLDEN GIRLS

continued

their personal relationships, they co cede that they don't socialize much t gether. Their explanation: They sper so much time together on the set tha they prefer to spend time apart whe they aren't working. As for the depar ed writers, everyone involved insis they left to further their careers, not escape an unhappy situation.

"It almost seems you need a scor card to keep [the rumors] straight admits Bea Arthur, in her famous hu ky voice. "I don't read any of it, and don't pay attention to it. Believe m not a word of it is true."

The Golden Girls set is closed to o servers. The *Journal*, however, was a lowed to visit during rehearsals. W also met with each actress in her bu galow. Here is a look at four fascina ing women—and one top TV show.

ESTELLE GETTY

Can I get you a drink?" Estelle Ge ty says, motioning to a shoppi bag by her floral couch. "Son juice? Some soda? Some wate Nothing? You gotta have something drink."

Given the eager way Estelle pla hostess, it's no wonder that Bea A thur (who plays Estelle's daughte Dorothy) jokingly introduces her "my mother" in public. At sixty-si however, Emmy-award-winner Estel is actually closer to being Bea's sist than her mother. (To look the part eighty-five-year-old Sophia, she has cover her salt-and-pepper hair with white wig.) Married for forty years Arthur Gettleman, a businessman, s is the mother of two grown sons, Bar and Carl. *The Golden Girls* is the fi taste of widespread fame for Estel who spent four years playing t mother in Harvey Fierstein's pl *Torch Song Trilogy*. One side effect fame she did not anticipate, she a mits, was the "viciousness" of the ta loid stories. While her co-stars ha learned to shrug them off, matern Estelle turns into a lioness every tim they are mentioned.

"They are such conniving liars," s says of the tabloid reporters. "It's no sense! It's bull! We've never walked the set. *Never*. We've gone on with feve but we've never walked off the set.

"One of these guys was on a ta show I was watching," she says, lea ing forward to make her point and spea ing quickly, angrily. "They asked hi 'Do the people [you write about] ha you?' And he said, 'No. Oh, there is o person who hates us: Estelle Gett And I said, 'Good. I'm glad. I'm gla

u vicious little worm.'"
Like Sophia, Estelle always speaks r mind. If she finds a joke in the ipt offensive, she says so. She will t make fun of homosexuals or fat lividuals. In one script, she was ex-cted to say, "If you don't stop eating, u're going to look like Shelley Win-s." She had the line changed to . you're going to look like the Pills-ry Doughboy."
But there are great differences be-een Estelle and Sophia. For one, tty insists that she doesn't have her aracter's iron will. "I make jokes like e does, but I'm a much more scared rson than Sophia is." She continues, phia is a brave lady. I'm more care-. I get hurt more easily than Sophia es, and I'm much more tender."
The role of Sophia was originally pposed to be just a one-shot appear-ce, so it is a tribute to Estelle that r character has become perhaps the st popular on the show. "It's what I l the condiment of the sitcom," she ys. "They [her co-stars] were the at and potatoes, and I was the salt." These days, Estelle seems to be more e the spice.

UE McCLANAHAN

Wait, wait, don't tell me," Rue McClanahan says, her hand over her head. She's desperately trying to remember the name of the rnalist with whom she's been talk-g for the last fifteen minutes. "Cecil? it Cecil? Patrick? Oliver? Oh, I don't ow. I can't remember a name to save life," she admits. "Listen, I can't en remember the script that we did t week. On Monday, I don't know at we shot on Friday. People come to me and they say, 'Oh, we saw the gh cut—it was great.' I say, 'What s it about? Was I in it? What did I ve to do?' "
Everyone has a dear aunt who's like e McClanahan. Sweet, charming, elligent . . . but out on a cosmic cof-break. "Estelle says—she should k—she always says I'm marching to different drummer. That I hear a ferent musician," Rue comments, nching on a salad in her bungalow. m not sure what she means by that. 'I came from a very good back-und," she continues in her Oklaho-drawl, which sounds much softer an Blanche's heavy Southern accent. have pioneer stock and Indian blood, nerican Indian. And, you know, peo-who fought the elements and came from nowhere. Just hardworking, nest mutts, mixed bloods. Some ench, some German, some Spanish, ne Irish, some Scot, some Choctaw d some Cherokee. Even a smatter-ing of German—did I say German?"
As much as Rue says she loves playing the part of Blanche, the role she really wanted was Estelle Getty's. "Best role in the show," she says. "I love Sophia. It's so well written. She's unendingly funny. It's just a gold mine. But realistically, in television, I'm not right for Sophia. And, let's face it, I get to wear prettier clothes than she does. That makes up for a lot."
Besides, Rue seems suited to the role of sexy Blanche. Far more youthful-looking than her fifty-five years, she certainly is popular with men; she's been married five times. She has one son, Mark, by her first husband. Although Bea Arthur kids her that she flirts nearly as much as her character, Rue insists she doesn't know how. Besides, "I'm certainly not interested in being married now," she says.
Rue says she'd just as soon spend time with her three cats and five dogs, and as chairperson for People for the Ethical Treatment of Animals. Putting the finishing touches on her new Encino house also demands a great deal of her attention these days. On the set, too, she has a lot to keep her occupied. When she's not on camera, she either works on the quilt she's been trying to finish for nine years or draws colorful doodles on her scripts, which she sells for charity.
"I don't have time in my life right now for a fella." Then she pauses, smiling deliciously. "Of course, I could *make* the time."

BEA ARTHUR

Bea Arthur is one of the few women in Hollywood who is more than just an actress: She is a *presence*. Even standing in her rather dusty bare feet (she rarely wears shoes or stockings, claiming they are uncomfortable), she is as tall as many of the men on the set. And her voice is deeper. Both Betty and Rue delight in impersonating that low, resonant voice that sounds like a bullfrog with a bad cold.
Her presence can be a little intimidating. She rarely smiles in publicity shots, and with strangers she doesn't let the poker face slip very often. Her humor is dry and subtle—sometimes you're not even sure she's kidding.
Don't be fooled. The other actresses say rock-solid Bea is really one of the most insecure people they've ever met. "When we're standing in the back, waiting to be introduced to the audience [after taping], Bea's a basket case," according to Betty. "She's better now than she was at the beginning, but she still worries the most."
"I *am* terribly *(continued)*

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Swiss	26 mg	8 g	74 mg	107
Diet Swiss	20 mg	7 g	35 mg	100

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THE GOLDEN GIRLS
continued

shy and sensitive," admits sixty-six-year-old Bea, a divorced mother of two grown sons (Matthew and Daniel) who is not dating anyone seriously these days. "You say the wrong thing, I cry. I'm not manic-depressive by any means, but the emotions are so close to the surface."

She stares you right in the eye and continues. "That's why I like to get onstage. That's where I feel omnipotent. I feel like I can do anything. I will take chances, enormous chances. It's called shamelessness. Absolute shamelessness."

But Bea almost passed up the chance to play Dorothy on *The Golden Girls*. She had recently come off a disastrous sitcom—the short-lived *Amanda's*—and was busy taking care of her ailing mother. But she was delighted by the idea of working with her former *Maude* co-star Rue McClanahan—she calls the two of them the Lucy and Ethel of the seventies—and thought it would be just like going home again. "I tell you, I had been really out of everything for a long, long time," she says. "My agent called me and said, 'Look, you've been home long enough. I think it's time you got your butt back to work again.' "

And that, she insists, is some of the best advice she's ever been given.

BETTY WHITE

Did you speak to the other broads yet?" It is Betty White talking—the off-color Golden Girl. Her nickname on the set, she admits, is Garbage Mouth. She can spot a double entendre at forty thousand fee When asked once whether the sho was applauding women over fifty, th seemingly demure woman straigh facedly inquired whether the inte viewer was referring to age or bra siz

Despite the occasional pinch or bawd remark, Betty's co-stars insist that sh is one of the sweetest, most innocer people alive. "I'm kind of a cheerlead on the set, always Miss Positive," sh says, sitting on her couch with h skirt perfectly spread out and h frosted hair neatly coiffed, "and th drives people up the wall. You can ju stand so much cheeriness. Of course, cover up the positive thinking with smartass joke."

As it turns out, Betty was original considered to play not naive Ros but man-hungry Blanche—now R McClanahan's part. But Betty had ready won a legion of fans creating similar character—Sue Ann Niver the happy and hormone-driven hom maker on *The Mary Tyler Moo Show*. Realizing that viewers wou think of Sue Ann, not Blanche, wh they saw Betty, Jay Sandrich, the d rector, tried a last-minute switch, a Betty was given the part of Rose. F Betty, playing an ever-so-sweet cha acter was easy. But one who has nev had a dirty thought in her life? We that was a stretch. "I said, 'Do I get stunt check?' " the sixty-eight-year-d actress jokes.

In addition to her work, Betty lik to talk about her love for animals a her husband, the late game-show ho Allen Ludden. She still grows mist eyed when she talks about him, eig years after his death from lung canc Betty, who is close to Ludden's thr children from a previous marriage, h no children of her own. She says s doesn't regret that and is happy spen ing time with her four animals. Li Rue McClanahan, she works on beh of a number of animal rights grou and she has written a book about h pets improve their owners' lives. Sh working on another, with Tom Sul van, the blind actor and singer, abo his seeing-eye dog.

But for now, her prime intere is *The Golden Girls*, not golden trievers. How long does she plan stick with the show—truly her m beloved pet? "I think another twen or twenty-five years is probably goi to be enough for me," she says. might be a little stringy by that tim And the mischievous twinkle retur to her eye. "Of course, you'll have ask the other broads what th think."

Eric Sherman is a contributing edi of LHJ.

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PARENTS' JOURNAL

A GUIDE TO CHILD REARING IN THE NINETIES

By Mary Mohler and Margery D. Rosen

What I learned from my kids

To be sure, our primary role as parents is to teach our kids about the world. But more often than not, they teach us some of the simplest, most important lessons. Several issues back we asked you to tell us what you've learned about yourselves from being with your kids. Once again, we were overwhelmed by your responses. They were all wonderful, and we've chosen a few that especially moved us.



"Nine years ago, I taught fifth and sixth grades. Today I teach only three kids, and they're eight, six and two. This teacher's learned a few things: I've learned that I can get by on astonishingly little sleep . . . that I can be exasperated with a crying toddler through the night yet think that her smiling face first thing in the morning is absolutely the best way to start the day . . . that Velcro is far superior to shoelaces and that syrup of ipecac will always be long-expired when you finally need it. But most of all, I've learned that I'm always learning."

Mandy McCurtain, Elgin, IL

"My son Eric, now nineteen months old, has taught me perseverance. Eric was born missing his right forearm and elbow. He has a hand, but only two fingers function normally. Still, he will grab a block with his left hand, transfer it to his right, then bend down and pick up another and bang them together. When the block in his right hand falls out—as it always does—he doesn't cry or get discouraged. He looks up at me, says 'Uh-oh,' picks it up and tries again. I know someday life is going to be harder for him. Someday he will ask, 'Why me?' Someday he will look at a task in front of him and say, 'I can't do it.' And I know I will be able to look him straight in the eye and tell him, 'Yes, you can,' and mean it."

Carrie Hibbard, Anderson, CA

"It took my five-year-old son to remind me of that old cliché, 'Take time to smell the roses.' Last week was his fifth birthday, and he wanted all his presents stacked in a tidy pile for observation and examination. Slowly, a few at a time, he opened them. It took him five days. How could he stand the suspense of such tempting, unopened packages? I asked. 'It's like a piece of candy,' he explained. 'I know I'll never ever have another one just like it, and I want to save it so I can remember what it's like.' This year, on my birthday, I plan to test his theory."

C. Darlene McGaughey, Russellville, IN

"My daughter has taught me the importance of commitment. Every night, when we're getting ready for bed, Darlissa, four, looks out the window to find the moon and says, 'One day I'm going to the moon.' She doesn't say, 'I want to go to the moon'—she states quite emphatically, 'I *am* going to the moon.' And I think: Here I am, struggling and worrying through each day, and she is committing herself to her dreams—and I know she will do it, too."

Melissa McCracken, Huntsville, TX

"My son Jason died of bone cancer, four months before his twelfth birthday. I had always assumed that because I had given birth to healthy children, I could take their futures for granted. If I wronged them in some way, there would always be tomorrow for me to apologize. Before, I felt I could put off so many things, but now I know what's important. There are many things I can put off. But telling a child I love him is not one of them."

Kathryn Hopkins, Rockford, IL

Parenting tip

I have two sons—ages thirteen and nine—and for some time nothing I could say or do stopped them from arguing constantly. Then I had an idea: I asked each to make a list of ten things he liked about the other. (It took a while.) Then I had each read what the other had written, and we reread the lists when tensions are high. Believe it or not, the fighting has eased. —Candy Drake Lesko, Yucca Valley, CA

Kate Connell


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The write stuff

By Susan Gordon

Many parents know it's important for kids to practice multiplication tables and verb conjugations, but they assume that writing is a talent you're born with,'' says Terri Fields, an award-winning high school teacher in Phoenix,



Arizona, and author of the book *Help Your Child Make the Most of School* (Fisher Books, Tucson, Arizona, 1987). ''But writing, like any other skill, can be taught. And kids have to practice.''

While not everyone will be another Hemingway, experts believe that every child can be taught to write reasonably well. ''It's a critical skill,'' says Linda Rodney, an English teacher and codirector of the More Able Student Program at White Plains Middle School, in White Plains, New York. ''Just about every occupation requires some writing. In your own job, you may write memos, reports, summaries, plans. Business records—notes of meetings and appointments—must be clear and accurate. If parents provide a nurturing background, with lots of enriching play, children will naturally become ready to read and write,'' she adds. Here's what else you can do:

READ TO YOUR KIDS every day, even after they've learned to read and write. Ask them to read out loud to you. ''Parents often watch TV and go to the movies with their kids,'' notes Rodney. ''Reading should be thought of as a family activity, too. Meanwhile, remind them that what they are watching on the screen started out as a written story.''

BUY TOYS that develop motor skills and hand-eye coordination in prereaders. Snap-together blocks are good manipulative toys for toddlers. Rolling, pounding and squeezing Play-Doh strengthens finger and hand muscles. Preschoolers fine-tune those skills with pegboards, stringing beads and sewing cards. By four, many are ready for stencils, mazes and connect-the-dot games.

KEEP SUPPLIES ON HAND. Blunt scissors, chalk, crayons, markers, pencils and paper should be placed in an easy-to-get-to basket so kids can wander over and draw and write whenever they want. (Don't worry if they grab the crayon with their fist or hold the scissors the wrong way. Soon they'll learn the correct way.)

ENCOURAGE STORYTELLING, even with a toddler. ''If your child makes something out of clay or draws a picture, ask her to tell you about it. Offer to write down her words for her, then read it back,'' says Maury Kaplan, head teacher of three-year-olds at Greenville Community Church Nursery School, in Scarsdale, New York.

SPARK THE IMAGINATION (and plot development) by telling your child the beginning of a story, then asking her to supply the ending.

START A FAMILY NEWSLETTER (at holiday time or any time) and let your child write part of it.

WRITE NOTES to your children and ask them to write back to you. A message tucked into a lunch box or by a pillow at night is a happy surprise and also encourages familiarity with the written word. Keep a shopping list in the kitchen and ask kids to write down what they want. Ditto with a calendar—let them mark in their own play dates, music lessons and soccer games. The more kids write, the more comfortable they'll become with words.

ASK OLDER CHILDREN to show you their homework, but be careful not to criticize. Kids today are taught to write phonetically—that is, they write letters after sounding out a word in their head. Praise these efforts and refrain from pointing out mistakes. Too much correction may discourage them from trying.

ASK YOUR CHILD to read his work to you. Hearing his own words will help him notice errors in content and sentence structure.

ENCOURAGE BRAINSTORMING. Is your child stumped over a report, staring endlessly at a blank page? Suggest that he write down whatever thoughts come to mind relating to the topic he has to write about. Once he gets something down on paper, he'll be spurred on.

LOOK OVER an older child's work, but always ask first, ''How would you like me to read this? Should I just check spelling and grammar, or do you want me to look at the content of the story, too?'' In any case, be casual and always praise the good before you say anything negative. ''It's okay to say, 'I'm confused,' '' says Rodney. ''But be specific. For instance: 'In your book report, you say a character is nasty, but you don't show us how he was mean.' '' Never mark up a child's paper—jot your thoughts down on a separate notepad.

TEACH KIDS THAT REWRITING IS OKAY —in fact, it can be fun to sharpen and edit ideas. Too many kids are under the impression that they have to get it right the first time and if they don't, they're bad writers. Ease the pressure so they'll learn to love writing for its own sake.

Kerry Gavin

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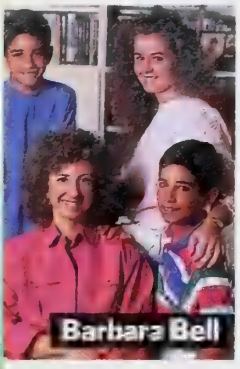
Jif children's education fund

How would you handle it?

YOU'RE WALKING WITH YOUR CHILD, AND YOU PASS A PANHANDLER ON THE STREET. WHAT DO YOU DO?

BARBARA BELL, 40, speech therapist, Boca Raton, FL, three children— 15, 12 and 10 I don't give money to someone on the street; I've always taught my kids to be wary of strangers, and I don't think they'd expect me to give in this situation. But I've also always encouraged them to volunteer their time in whatever way they can—through scouting, helping in a hospital—and we've always given old clothes and toys to the needy. Seeing a homeless person on the street would spark a discussion about the situation in general and our family in particular. I always tell them: We can't solve the problem alone, but we can resolve to do more about it.

SHARON BLAU, 40, attorney, New York City, one daughter—7 That's a troubling issue, and I don't have a single response. I take each situation individually, trying to balance the realities—the fact that I can't possibly give to everybody has to be weighed against my desire to teach my daughter that these people are human beings. If the situation on the street seems safe, we give small change. Unfortunately, in this city the problem is so pervasive that after a while kids grow up thinking that homeless people are simply part of the landscape.


Barbara Bell


Sharon Blau


Sheri Pietras

SHERI PIETRAS, 25, Ypsilanti, MI, two children—5 and 3 There's a natural tendency to want to pull your kids away—after all, you just never know, and you have to be careful. But probably if there was a young mother with a child, then yes, I might reach into my purse for some change. And I'd use that example to remind the kids how lucky we are. We regularly give canned food and old clothes and toys to our church, so they've known from an early age that my husband and I consider it extremely important that they help others.

HEALTH WATCH

Fever

By Dava Sobel

Though an elevated temperature is the one symptom that sends parents racing to the phone, doctors look at fever differently, notes Robert A. Mendelson, M.D., a practicing pediatrician in Portland, Oregon, and clinical professor of pediatrics at Oregon Health Sciences University. Fever is a symptom of illness, not a disease or condition itself (in fact, it actually helps the body combat infection by triggering the production of white blood cells). For this reason, doctors caution parents to treat the child, rather than the fever.

What that means, explains Dr. Mendelson, "is that a child with 103° F. or 104° F. temperature who has an appetite and is acting normally is less of a worry than a child with 101° F. who is pale and listless, whose activity level is way below normal and who sleeps more than usual."

How the temperature is taken, the age of the child and the time of day the temperature was taken are other factors to be considered. According to the American Academy of Pediatrics (AAP), both rectal and oral temperature are accurate, though rectal may about one degree higher than oral because it is a reading from inside the body. (Axillary, under-the-arm, readings are not as accurate.) Remember, too, temperature is usually lowest in the morning, highest in late afternoon or evening. Which thermometer? Mendelson recommends the old-fashioned, mercury-filled glass kind.

At what point should you call the pediatrician? Anytime you're worried, of course, though doctors suggest the following as a guide: Call immediately if a child under six months has a fever of 100° F. or higher (an infant's immune system is not as well equipped to fight off infection as that of an older child). Also call immediately if an older child has a temperature of 101° F. accompanied by pain, vomiting or diarrhea. (If temperature is 101° F. but the child does not appear ill, you can probably wait twenty-four hours to see if the fever subsides.)

If the child is uncomfortable, you can give fever-reducing medication (use only products containing acetaminophen; aspirin has been associated with a serious condition known as Reye syndrome) and lukewarm baths. (Cool baths may drive the fever higher, as will bundling in heavy clothes. Alcohol rubs are not recommended.) Offer plenty of liquids, but don't force her to eat if she's not hungry. Children should rest indoors for twenty-four hours after a fever has subsided, since they may be susceptible to other infections.

Though doctors know of no danger from even a high fever, one that is rising rapidly may trigger febrile convulsions in susceptible children. While this can be terrifying to see, Mendelson urges parents to try to stay calm. Ease the child to the floor, lay her on her back and turn her head to one side. Open her mouth so she can breathe. Convulsions should subside in a few minutes; call a doctor promptly and don't offer any food or water until the doctor advises.

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WHEN SHOULD YOU BE YOUR OWN DOCTOR?



You know the causes and cures of major diseases. But can you tell a cold from the flu? A heart attack from a harmless spasm? Take this quiz and find out if you know when it's safe to treat yourself and when you need professional care

By Fran Snyder

You've probably been in this kind of medical quandary before: You have a severe headache that won't go away. Should you keep taking aspirin in the hope that the pain will finally subside, or do you call your doctor? Or you're playing tennis, when your elbow starts to ache. Do you rush to the hospital for X-rays or go home and put ice on it? If you answered "call the doctor" and "get out the ice pack," you're right. To find out how good you are at diagnosing other common medical problems, get out a pencil and test your knowledge in the following situations.

1. Someone spilled a pot of hot tea onto your forearm. The pain is severe, and the skin reddens immediately. A friend makes you a cool compress, and within an hour, the pain has lessened but the burned area is blistering. You:

a) keep the burned area moist by applying butter.

b) clean the area with soap and water, then gently lance the blisters and apply an antibiotic cream and a bandage.

c) call the doctor, or go to the hospital emergency room.

2. While slicing vegetables, you cut your finger. What should you do?

a) bathe the wound with antiseptic and bandage.

b) apply direct pressure and elevate the finger.

c) rush to the emergency room.

(continued)

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3. While talking to a friend, you suddenly get a sharp, stabbing pain in your chest. Within minutes, it's gone. You've experienced this before. You:
a) call the doctor immediately; since you're nearing forty, this pain signifies heart disease.
b) figure that since the pain didn't mean anything the last time you had it, it means nothing now.
c) decide that your body's telling you that you've been exercising too hard.

4. You notice a flat brown spot near your wrist on the inside of your arm. Since you've always been prone to freckling, and have played in the sun all your life, you:
a) feel grateful that it isn't on your face and ignore it.
b) call it a mole and see if it grows.
c) show it to your doctor. You can't assume it's not skin cancer just because it isn't on a high-exposure area.

5. After your fortieth birthday, a red, roughened blotch appears on your cheek. You:
a) assume this is a sign of aging and try to conceal the spot with makeup.
b) apply a cosmetic fade cream.
c) decide to have your doctor look at it.

6. You're congested, your throat's scratchy, you have a fever and your head aches. Within a week you develop a cough that keeps you awake at night and brings up yellow mucus. You:
a) see the doctor; you may have a serious infection, such as bronchitis.
b) conclude that you've got an especially miserable cold or the flu. You buy an over-the-counter cough suppressant, take aspirin and get plenty of sleep.
c) recall that your grandmother called this "the grippe." Just the way she did, you fill the sink with hot water, drape a towel over your head and inhale the steam. You also drink hot tea and rest.

7. You often feel bloated and are stricken by gas pains. Frequently, you suffer bouts of alternating diarrhea and constipation. You:
a) must have a nervous stomach. You think diarrhea medications and laxatives might help, but you're afraid of overdoing it. You call the doctor.
b) think you picked up a virus when you drank the water during your tropical vacation six months ago. Eventually it will subside, and you'll be fine.
c) figure that you must have a food allergy and should call an allergist.

8. You have a callus on the ball of your left foot that you've been unable to remove with pumice stones, razor blades or drugstore preparations. Whenever you walk, it feels like knives are stabbing your foot. You:
a) call a podiatrist.
b) vow to wear sensible shoes.
c) figure that calluses must run in your family, since several of your relatives have them. You buy foot pads to take the pressure off the callus.

9. You're forty-five, active and healthy. Your menstrual periods are regular, and your sexual appetite remains strong. But lately you've had insomnia, and occasionally you wake in a drenching sweat. You:
a) must be going through the first phase of menopause. You'll tell your gynecologist during your next visit.
b) remember reading that insomnia is a sign of depression and anxiety. You should consider therapy.
c) decide you have a flu or other virus.

10. Your lower back aches. It hurts more at the end of the day, when you also feel tired. Sometimes stretching helps. You:
a) figure that this is a sign of sciatica.
b) conclude you must be sitting incorrectly. Good posture and adequate exercise to strengthen your muscles will take the aches away. You seek help from a doctor or physical therapist.
c) buy a good girdle or back brace.

ANSWERS

1. c) Any large burn should be seen by a doctor. If it blisters, this indicates a second- or third-degree burn. Layers of skin have been damaged, leaving the area vulnerable to infection. The blister acts as a sterile dressing, says Michael M. Marin, M.D., chief of emergency services at Lenox Hill Hospital, in New York City. Only a doctor can determine if it should be lanced or if you need a prescription antibiotic cream.

Treat hot-water burns on small areas by applying cool compresses or hold under cool running water, then pat dry; do not rub. Keep the area covered. Applying butter to a burn is an old wives' remedy that may result in infection.

FYI: Electrical, chemical, or flame burns require immediate medical attention as do burns to the face or eyes, burns on children, the elderly, diabetics, or anyone who has suppressed immunity—like an AIDS patient or a person undergoing chemotherapy.

2. b) Direct pressure and elevation is a basic first-aid technique to stop bleeding. Apply pressure with a clean towel or dressing. If that's not possible, use a shirttail or two fingers.

Only after the bleeding has stopped should you wash the cut, apply an antibiotic cream and bandage it.

If the bleeding continues, call your doctor or go to the emergency room. You may have cut yourself deeply or hit an artery. Wrap the wound in a clean dressing before leaving the house.

FYI: See a doctor if it's a facial cut. It may need suturing to lessen scarring.

3. b) In women twenty-five to forty-five, these pains are almost always of no consequence, says Nicholas E. Davies, M.D., clinical professor of medicine, Emory University School of Medicine, in Atlanta. Called chest wall pain or pin pain, they are spontaneous, short-lived, sharp spasmlike sensations; their cause is unknown. If they continue, call your doctor.

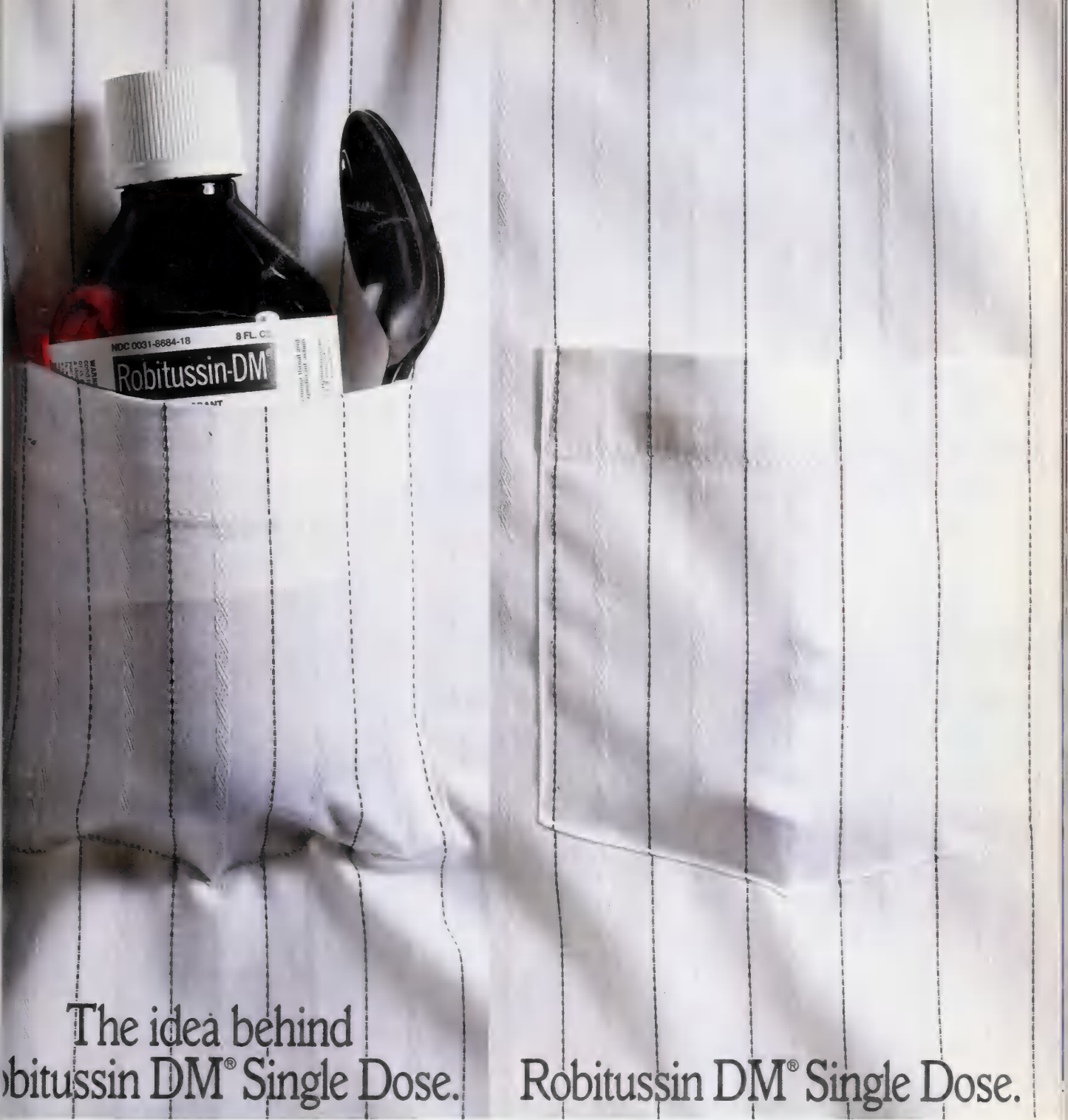
FYI: If the pain is a dull, heavy, persistent ache extending into the jaw, you may be having a heart attack. Get emergency medical attention.

4. c) Any new colored (black or brown) spot, flat or raised, small or large, should be considered suspect. It could be skin cancer. Any old mole that changes and begins to look unusual needs to be analyzed, says dermatologist Shirley Van, M.D., a spokesperson for the American Academy of Dermatology. *Unusual* means the color is uneven or speckled, and perhaps has a bluish or pinkish component or that the edge of the mole is irregular and "fuzzy," she says. Never wait to see if it grows.

FYI: Melanoma, a life-threatening skin cancer, can appear on skin that hasn't been consistently exposed to the sun. But prolonged time outdoors, especially for fair-skinned people who burn easily, can increase the risk of getting the disease, and some people have a family history of it. In the early stages, melanomas can be fully excised. Left untreated, however, they can metastasize, and the prognosis is grim.

Basal cell carcinoma is the result of accumulated sun exposure over many years. Generally, it does not metastasize, and can be easily removed. Squamous cell carcinoma falls "in between basal cell and melanoma in the speed of growth," says Van. It rarely metastasizes.

5. c) A red *(continued on page 72)*



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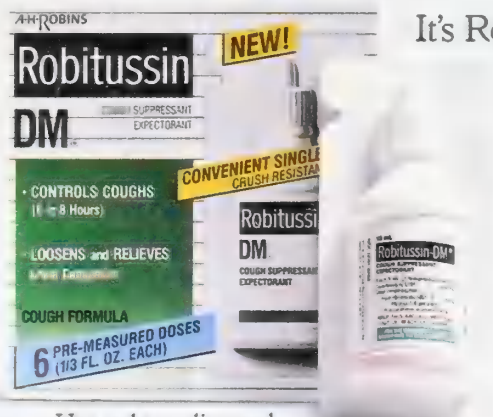
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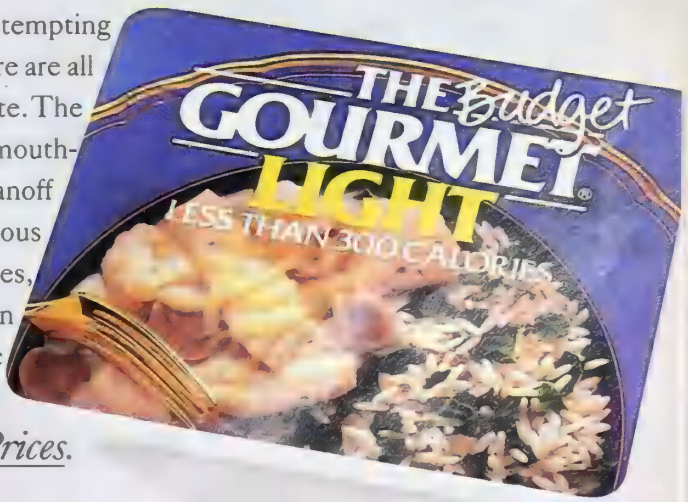
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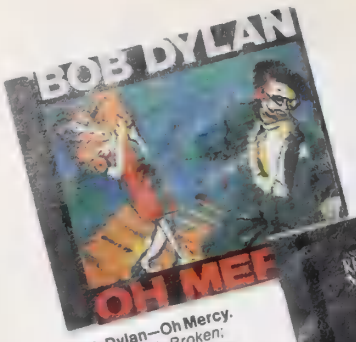
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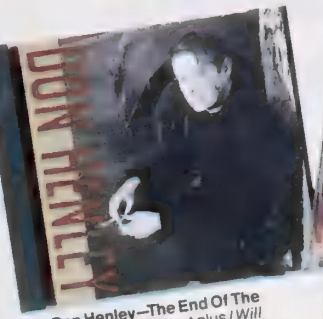
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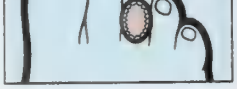
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BE YOUR OWN DOCTOR

continued from page 64

and scaly blotch, often rough to the touch, is called actinic keratosis and is a precursor to basal or squamous cell carcinoma. Actinic keratoses often develop slowly and undramatically, and are easily treated with liquid nitrogen.

FYI: Age spots, patches of hyperpigmentation, are normal signs of aging, especially in anyone who has spent a lifetime in the sun. However, if age spots take on the appearance of moles and seem to thicken, see a doctor.

6. a) A "productive" cough, one that brings up yellow or green mucus or blood, and may be accompanied by a fever, means you may have bronchitis, pneumonia or other serious infection. Call your doctor. If it's not a productive cough, answers b) and c) represent intelligent at-home care. In general, people can let colds and flu run their course, says Davies.

FYI: Smokers will suffer from coughs caused by colds or other maladies for a month to six weeks, whereas nonsmokers will have them for only two weeks.

7. a) Your "nervous stomach" is called irritable bowel syndrome and is triggered by stress and tension. The most your physician can do is rule out other, more serious illnesses and help you to manage the condition, says Davies. Medications and changes in diet and lifestyle may help.

An intestinal parasite wouldn't wait six months to begin tormenting you. And food allergies often produce symptoms like hives. In that case, a general practitioner, not an allergist, would be your first stop.

FYI: Any of these symptoms accompanied by unexplained weight loss or blood in the stool indicate more severe disorders. Call your doctor immediately.

8. a) Calling a podiatrist is a smart choice: The cause of calluses is often an underlying problem of bone structure.

FYI: Raymond E. Lee, M.D., of the National Podiatric Medicine Association, estimates that callus sufferers last two to four years on drugstore preparations before they see a podiatrist.

9. a) Night sweats and insomnia are symptoms of the first phase of menopause; other signs are mood changes, hot flashes and vaginal dryness. You may still be having regular menstrual periods during this time.

During the second stage of menopause, periods are irregular, sometimes diminishing, sometimes getting heavier. A woman could also be experiencing the silent symptoms of such conditions as osteoporosis or heart disease, according to Gloria [illegible] mann, M.D., associate professor o stetrics and gynecology at Robert Johnson Medical School, in New B wick, New Jersey.

FYI: Menopause generally occurs bet the mid-forties and mid-fifties. Abo percent of women will simply stop struating without any symptoms.

10. b) Mechanical low backache result from bad posture, poor muscle of the stomach, back and buttocks lifting habits, or sleeping on a worn tress or a couch, says Richard L. Del M.D., orthopedic surgeon at Lenox Hospital, in New York City. Corre any of these will get rid of the ache. too, may help. But check with a doc make sure that you have no structural problems; a physician or physical the can also suggest the proper exercise girdle or back brace will only make muscles weaker.)

Sciatica pain occurs in the lower and radiates down the back of the le causes constant pain, accompanie numbness and tingling sensations. pain is so unrelenting that most people see a doctor within a week, says Dela

FYI: Any back pain that doesn't get b with rest, is severe, is accompanie fever or chills, or begins after an in fall or accident must be evaluated.

SCORING

Each correct answer is worth one poi

9–10 points You generally make s decisions about your medical needs. obvious that you retain medical info tion and are able to put it to use v necessary. You're comfortable spea with doctors and ask questions freely.

7–8 points Evaluate your answers. Perl you're more savvy in one area—de with emergencies, for example—tha another. In that case, you need to ex your range of medical knowledge.

4–6 points Did you err on the side caution? There's nothing wrong with t If you're uncertain, consult your doc Be sure to ask questions, and try understand specific medical proble However, if your answers show you t rash rather than conservative, think t about treating yourself.

1–3 points You need to learn, or rele some of the basics and pay attention to more sophisticated and recent medical search. Read the health and medical umns in newspapers and magazines ask your physician questions.

Fran Snyder is a Manhattan-based wr with a special interest in medicine.

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FAMILY portrait

Three-million-dollar quints

Ever since the birth of their quintuplets, the Helmses have weathered medical and insurance crises while keeping their faith intact

By Shana Aborn





Step into Ron and Roz Helms's kitchen in Peoria, Illinois, and the first thing you notice—apart from the five identical high chairs—is the assortment of comic-strip posters and calendars.

"To be a mother of quintuplets," says Roz, an attractive homemaker of thirty, "you've got to have a sense of humor."

Though visitors sometimes get the toddlers confused, it doesn't take long to tell them apart as they crowd happily into the room for breakfast. Skinny, blond Shannon is the most outgoing, while Benjamin, the only boy, is more of a loner. Meredith, plump and fair, is an early riser with a ready smile, and Bevin, the one brunet, is the dramatic soul who wails loudly over little hurts. Curly-haired Samantha is the smallest, and the oxygen tube taped under her nose is a sober reminder of the ordeals the Helmses have been through in the past three years. Born twelve weeks prematurely, the quints spent their first months in intensive care; by the time they came home, their medical bills had reached a staggering $2.75 million. Last summer, the Helmses made national headlines when their insurance company canceled their policy.



Still, for two college sweethearts who had despaired of having even one child, a fivesome is a great blessing—ordeals and all. Roz and Ron, a thirty-one-year-old restaurant manager, had hoped to start their family soon after they were married, but four years passed with no success.

Eventually, an infertility specialist treated Ron for testicular varicose veins and put Roz on Pergonal, a fertility drug that can produce multiple births. After two cycles, the drug proved effective. When Roz was six weeks pregnant, the doctors saw all five fetuses on the ultrasound *(continued)*



The proud parents and their brood (top photo): Roz, Meredith, Shannon (standing), Samantha, Bevin, Ron and Benjamin. Everything comes in fives—except the storage space in their basement!


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Tammy Ljungblad



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FAMILY portrait

Tammy Ljungblad



(continued) screen for the first time. The Helmses were overjoyed—and stunned.

On March 2, 1987, after more than fifteen hours of labor, the quints were born by caesarean section. They weighed less than ten pounds all together, and their lungs were dangerously underdeveloped. Told that some of the infants might not live long, Ron and Roz quickly had them baptized. "From that point on, they seemed to do a lot better," Roz remembers.

But the quints' troubles weren't over yet. Three of the babies underwent heart surgery to repair open blood vessels, and Meredith nearly succumbed to a virus. The Helmses spent anxious vigils at the hospital, while their parents baby-sat for the three infants who were well enough to go home. "I was physically and mentally exhausted," Ron recalls.

By September, four of the quints had come home for good, and on Christmas Eve day, Samantha was finally reunited with

Ron and Roz's strength and faith sustained them during the children's hospitalization. "I knew somehow they'd all make it," says Roz. "We held onto the vision that they were supposed to be together with us. They're a set of five; we couldn't imagine it any other way."



her joyful family. However, she still needs constant medical care; seven nurses work part-time shifts at the Helms house to give her food and medicine and to monitor her oxygen intake. Doctors say she'll outgrow her health problems over time—last fall, she was taken off the oxygen temporarily and suffered no complications. "She's much more active now," says Roz.

Then another challenge revealed itself. Ron and Roz noticed that Benjamin's physical development seemed slower than his sisters'. Ben was tested and diagnosed as having a mild form of cerebral palsy; he now sees a therapist weekly and wears leg braces. "It was really hard to come to terms with that," says Roz, "but the doctors are very pleased with his progress."

The people of Peoria have shown tremendous support for the quints from the day they were born—from newspaper coverage to letters, phone calls and prayers. Local civic groups organized a fund-raising drive for their college funds, which brought in $17,000.



But education costs were the least of the Helmses' financial worries. Their health insurance (under Ron's employee group health plan) was canceled last May, when the insurers decided not to renew the restaurant's policy, and no other company would provide coverage because of the Helmses' claims history. The news spread, and key state politicians began pressing the Illinois Insurance Commission to find a solution.

The restaurant's insurance agent finally found individual health coverage for Ron, Roz and three of the girls with another insurance company, and coverage for Benjamin and Samantha *(continued)*

Mealtimes and major family outings are done as a group, but there's always time for a private, one-to-one cuddle. "They let us know when they want individual attention, but they're not really that demanding of it," says Ron. "One of them will climb on my lap for a minute, then go play with the others."



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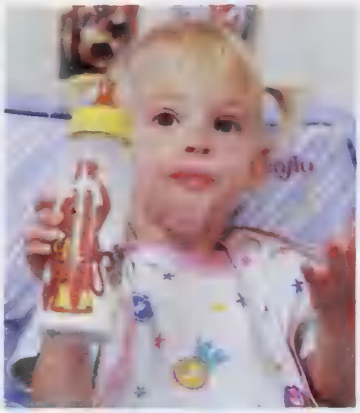
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Effect on periodontitis not determined.

FAMILY portrait

Tammy Ljungblad



(continued) under Illinois' Comprehensive Health Insurance Program. Ron has no hard feelings toward his former insurers: "They paid out nearly $3 million, after all."

That crisis over, the Helmses can now concentrate on simply being two very busy parents. "We're not quite at the baseball and fishing stage yet," says Ron, "but it's a blast to watch them turning into little people, learning to talk and sing."

Roz, formerly a bookkeeper and a clerk, does most of the daily child-rearing. "Our days revolve around eating, sleeping and playing, with housework whenever I can get to it," she explains. "I never know what's going on in the world, but I know everything that's going on with the children, and for me that's a big priority."

Their house, a modern split-level, has been carefully toddlerproofed. The hall stairs and the bathroom door are blocked by gates, kitchen cabinets are secured with locks, and the stove knobs have been removed. The quints sleep in two bedrooms; Samantha and Meredith's room includes Samantha's medical chart, and both bedrooms contain a poster on infant CPR (Ron and Roz learned the skill early on) as well as Disney decorations.



Efficiency is a must for Roz—from assembly-line bathing to buying clothes by catalog. "I want to encourage their individuality, but if there's an outfit on sale, I'll buy four or five of the same thing just for the convenience and price," she says.

The quints stay up until Ron gets home from work, at around eleven, so they'll have some time together. "When Ron's home, he's a great relief pitcher—he cooks and diapers," says Roz.

Time alone as a couple is limited at best. "We do the best we can," says Ron. "We try to take a week off once a year, and we get some

The most helpful suggestion the Helmses received was from another mother of quintuplets: "Don't listen to any advice," she said. "Just nod your head, say yes, then do whatever comes naturally for you."



weekends alone. It can get strained—you can't have major discussions with kids in your lap—but we manage pretty well."

"Every three months or so I'll blow up at him about not being around; he's come to expect that," Roz says, laughing. "We were good friends before we got married, and we had a strong foundation to build on. I can honestly say we are made for each other."

The Helmses take their lives one hectic day at a time, so they haven't really given much thought to the quints' future or careers. However, they do want to get the quints involved in community work when they're older; they feel the children should repay Peoria for all its support. Ron and Roz are active volunteers with the Muscular Dystrophy Association, United Cerebral Palsy, American Red Cross and the Children's Miracle Network, which holds an annual television fund-raiser.



For the moment, it's enough that the quints, who were fighting for every breath three years ago, today are riding scooters, tumbling on the lawn, fighting and hugging like any other siblings, much to the delight of their parents.

"I wouldn't change places with anybody, but then again, most people say they wouldn't change places with us," says Roz with a grin. "Talk about satisfaction, though. . . All the love we give to them is returned in quintuplicate!" ■

"I think it's simpler to have children all at the same stage, rather than having some on formula and some on solid food, like my friends' kids," says Roz. Any plans for a sixth child? "My obstetrician laughs at the very thought!"

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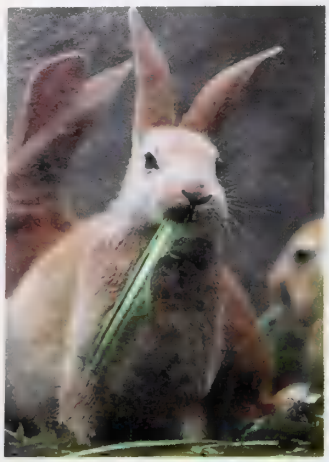
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PET NEWS

By Nina Keilin

KEEPING YOUR ANIMALS HEALTHY AND HAPPY



What's hot? Bunnies and birds

More people are discovering that our feathered friends and cottontailed companions make charming, devoted pets. Birds are now the third most popular pet in terms of number of households (after cats and dogs); rabbits are sixth (after horses and fish), according to a survey by the American Veterinary Medical Association. What's the attraction? Both groups of pets are ideal for urbanites: They're small, clean and easy to care for (rabbits can even be trained to use a litter box, and they need no vaccinations). Also, veterinary care for these pets is now easier to come by. Recent veterinary graduates have usually received training in bird and rabbit care.



Here, some tips for choosing birds and rabbits: ■ If you want your bird to talk, you'll do best to have just one—it will focus all its attention on you. ■ Budgies, or parakeets, are the easiest for kids to handle. ■ American-bred birds are usually healthier than imports. ■ Ask the breeder if birds were hand-raised (given handling by people). This makes them gentler. ■ The mini-lop breed of rabbit, weighing in at four to six pounds, is a good breed for children (kids love their floppy ears, too). For more information, contact the Association of Avian Veterinarians, P.O. Box 299, East Northport, NY 11731, and the American Rabbit Breeders Association, P.O. Box 426, Bloomington, IL 61702.

—REPORTED BY DIANE CALKINS

Is my beagle legal?

WE CONSULTED DARRYL VERNON, A NEW YORK CITY ATTORNEY AND A VOLUNTEER WITH LEGAL ACTION FOR ANIMALS, TO FIND OUT THE LATEST ABOUT PETS AND THE LAW

My landlord says either our dog goes or we're out. Our lease says no pets, but some of the neighbors have pets, too. It's not fair.

Try approaching your landlord with a compromise. He may be fearful of suits from tenants or visitors if your dog bites someone. Offer to buy insurance that indemnifies the landlord. And tell him you'll pay an extra deposit to cover any damage to the apartment.

In addition, local, state or federal laws sometimes limit no-pet clauses and make them unenforceable. If the clause is written unclearly or printed in too small a size, for example, courts may void it. Or a judge may rule that by allowing pets to live in the building for a while, the landlord has lost his opportunity to enforce the clause.

If you can't afford a lawyer, call your local humane society or bar-association referral service. Many cities now have lawyers who volunteer for cases like this.

We took our cat for a simple spay operation, and she died. Can we sue for malpractice?

Although you regard your pet as a member of the family, the courts may not agree. Judges have traditionally ruled that pets are no more than property and that you can recover in damages only what you paid for the pet, but nothing to compensate for suffering. Still, you might want to file a small-claims suit (limits are usually $2,000; the amount varies by state). Recently, a New York State judge ruled that courts could take other factors into account in determining the value of a pet, such as emotional attachment or services performed by the animal. Also, report the incident to the state board that licenses veterinarians.



Photos, from top: Superstock, Gary Randall/FPG; illustration, Elke Zimmer.

CATS REQUIRE 9 MINERALS FOR GOOD HEALTH.



WE HAVE 12.

The National Research Council guidelines state that cats require at least nine minerals for good health.

But nine is not enough for 9-Lives.

We won't settle for anything less than 100% perfect nutrition. And to us, that means 12 minerals. To make sure that your cat gets everything it needs to live a longer, healthier life.



No one knows more about cats' lives than 9-Lives.

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9-LIVES. 100% PERFECT NUTRITION.

MEDINEWS

By Ann Ferrar

TO HELP YOU AND YOUR FAMILY STAY HEALTHY

Stop dreading that visit to the dentist: February is National Dental Health Month, and this special Medinews should give you plenty to smile about

Braced for the best

Although braces used to be mainly for kids, that's no longer the case. Adults now account for nearly 30 percent of orthodontics patients, according to Lee W. Graber, D.D.S., president of the Illinois Society of Orthodontists.

Gone, in many cases, is the old-fashioned full-metal mouth. Today's more comfortable metal braces are smaller, stronger and easier to clean than those used in the past. Some patients can even opt for clear braces made of a synthetic form of sapphire. And the especially appearance-conscious may choose linguals—braces that fit behind the teeth—which are invisible from the front. An option for minor problems: removable braces, which the patient wears for a specified number of hours per day or only at night.

Lifetime teeth

In spite of all the dental advances that have been made, more than 30 percent of adults aged sixty-five and over have no natural teeth left, according to the American Dental Association. But for younger generations, tooth loss won't be so common a sign of aging. For one thing, people are learning more about the value of preventive care—brushing, flossing and regular checkups. Second, good dental care is increasingly available. To save decayed teeth that would otherwise have to be pulled, dentists routinely perform root-canal therapy—a procedure that involves removing the diseased inner pulp of the tooth, replacing it with filling material and sealing the canal. Specialists can also offer implants—synthetic tooth roots—instead of fixed bridges and dentures. It's even possible to rebuild the eroding jawbone from which some denture-wearers suffer. A synthetic bone-like material called hydroxyapatite (HA) can be placed under the gums adjacent to the jaw, where it fuses with bone. HA can be inserted on an outpatient basis, and can also replace bone lost from gum disease.



Look, Ma, no cavities!

Thanks to the widespread use of fluoride in toothpaste, mouthwashes and tap water, kids today have far fewer cavities than they did in decades past. A recent nationwide survey showed that nearly 50 percent of school-age youngsters have no decay in their permanent teeth; in the early seventies, only 28 percent were cavity-free.

Set to grin

New procedures are making it easier to correct severe structural problems such as a jutting jaw, a receding chin or an abnormal bite. In fact, children may be treated with a combination of orthodontics and a new practice called dentofacial orthopedics (jaw growth guidance). This involves using special braces that influence jaw development.

Adults with similar problems may need orthodontics and orthognathic (jaw) surgery, but the treatment is getting easier on patients, according to Lee Graber. In days past, the jaw was wired shut for six to eight weeks to permit bone healing and stabilization, and the patient had to "eat" through a straw. But now a surgeon secures the jaw permanently with tiny screws and plates in the bone. The patient is hospitalized for several days and can eat solid food as soon as she comes home from the hospital. Patients can usually return to work in about a week.



Kids who need to see a dentist most are usually the ones who can afford it least.

Thirty years ago, Crest became the first toothpaste recognized by the American Dental Association for its power to help prevent cavities. Today, underprivileged kids are the recipients of another first.

Now, with the help of Crest and the ADA, these kids will be able to visit dental clinics and take part in dental hygiene educational programs. All for free, through the Save The Children Dental Foundation.

Because we at Crest believe that kids should get the help they need. No matter how much it costs.

Save The Children Dental Foundation

You too can help. Just send in two (2) ADA 30th Anniversary seals from commemorative packages of Crest, along with this coupon.

Crest will then donate $5.00 in your name to the Save The Children Dental Foundation. Mail to: CREST/ADA—SAVE THE CHILDREN, P.O. BOX 9995B, CLINTON, IOWA 52736.

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ADA ACCEPTED American Dental Association

30th Anniversary

true romance

Love stories

LHJ's gift to you: two delightful tales to warm your heart



THE HAT

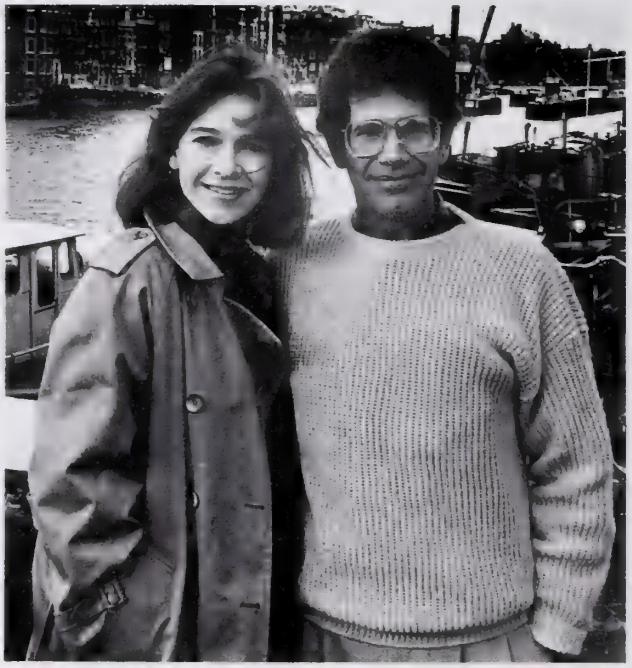
Could a mere hat stand in the way of true love? A charming Valentine memory from 1916

By Jane Goyer

I love hats. I've always loved hats. And this hat was a dream hat. The kind of hat I had always wanted. It was in the window of Lowell's Hat Emporium on Main Street, in Worcester, Massachusetts. It was the loveliest shade of blue, made of a soft suedelike material, with a narrow brim, curved down a little in the front, and a tiny white feather on the side: smart-looking, elegant yet simple.

I stood with my face pressed against the glass. Oh, I'd give anything to have that hat. But I knew I must not think of it. We had been married for only a little more than a year, V.J. and I, and now he was out of work. *(continued)*

First printed in THE SENIOR ADVOCATE of Massachusetts, from the book SO DEAR TO MY HEART, soon to be published by Harper & Row Publishers, Inc.



Happy Valentine's Day, MONSIEUR DUCHARME

Paris makes a lovely setting for the perfect holiday romance—and a few surprises

By Louise Erdrich

For months I prepare to spend Valentine's Day in Paris by trying to learn, from French tapes, the language that my husband, Michael, knows so well. I've heard that trying to learn a language this way is like trying to cross the Atlantic in a rowboat. Still, I persist. Every phrase on the tape is addressed to an imaginary Monsieur Ducharme, who after many weeks becomes quite real. Michael hears me, evenings, in my room upstairs, inviting Monsieur Ducharme out for coffee, questioning him closely about the weather and asking endless directions of the poor man.

"Monsieur Ducharme, où est l'aeroport?"

"Monsieur Ducharme, quand part le train pour Paris?"

Eventually both Michael and *(continued on page 91)*

Right photo: De Telegraaf



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You may be one of the many women who prefer a birth control method without hormonal side effects. That's why there's a choice. Today® Sponge.

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men can expect an effectiveness rate of 89-91% if they use Today Sponge consistently and according to label instructions. In clinical trials including women who did use Today Sponge consistently and properly, the effectiveness was 84-87%. Use only as directed. © 1988 Whitehall Laboratories, N.Y., N.Y.



THE HAT

continued

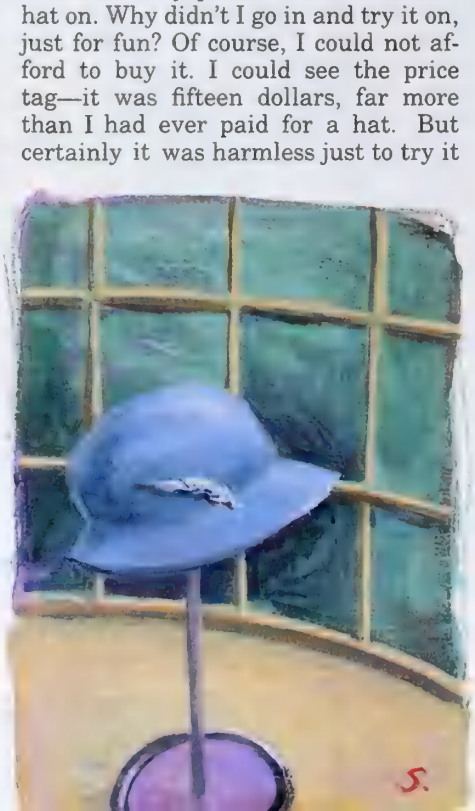
Business was not good, so he was laid off, having been the last one hired.

V.J. was desperately looking for work, standing in long lines every day in the cold and wind, but so far, he had had no success.

It was Valentine's Day—the year 1916. I had spent the previous evening making a valentine for V.J. Bits of lace and tiny red hearts, and a larger heart that opened to reveal a little poem of my own, and the words "To the One I Love." I had presented it to him that morning, but he only said, "Thank you." He had nothing for me, and I was very hurt. He had always given me a box of chocolates, decorated with ribbons, or a box of pretty handkerchiefs. Perhaps he still will, I thought, but I knew he wouldn't. It wasn't the money I valued, for even a penny valentine would have pleased me.

This late afternoon, I was on my way home from work as a salesclerk in a department store on Main Street . I had just been paid my weekly salary of eighteen dollars, and I was window-shopping. The streets were crowded, many of the stores still open, windows still brightly lit.

I knew I should hurry home to get supper, but I stood there admiring that hat. I knew it would look nice on me. It would make me feel confident and proud. After all, I thought, V.J. just might ask me to go out tonight, and he would be very proud of me with that hat on. Why didn't I go in and try it on, just for fun? Of course, I could not afford to buy it. I could see the price tag—it was fifteen dollars, far more than I had ever paid for a hat. But certainly it was harmless just to try it on. If it didn't look good on me, the could easily forget about it.



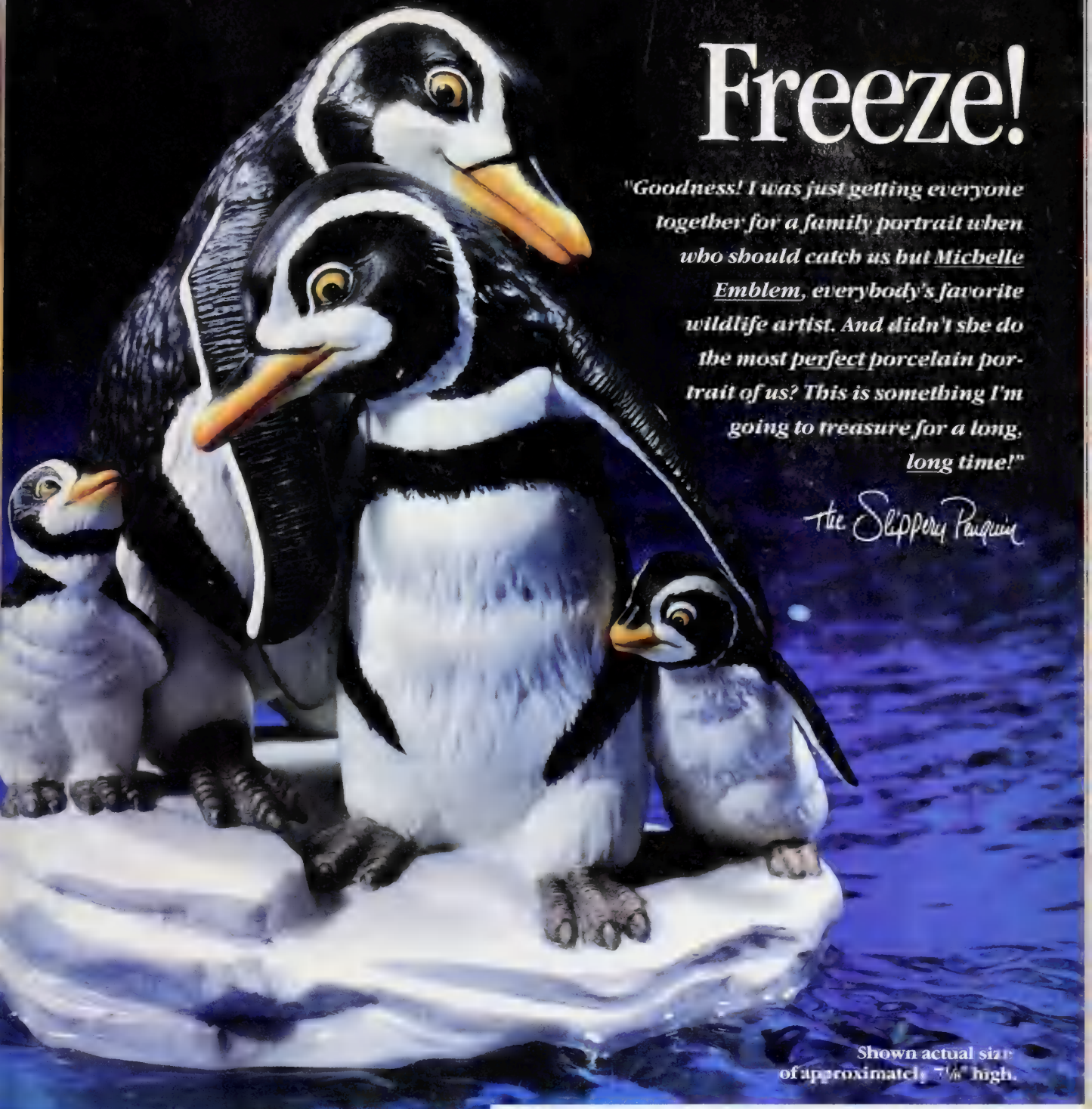
I went into the shop, walking deep crimson carpeting, and sat i chair by the window, waiting fo clerk. Soon, a buxom woman ca over and asked, "What can I do you?" I pointed. "That blue hat in window. I just want to try it on."

She handed it to me with a fro smile. I sat before a mirror and adju ed it on my head, tipping the brir little more, pulling a stray curl over my forehead. I was delighted see that it looked just as good on me I had thought it would.

The saleswoman was really smil now. "It's very, very becoming," said. "You'd be foolish not to buy t hat. It was made for you." Perhaps V would like it so much, he would glad I'd bought it. "Could I change i my husband doesn't like it?" I aske

"Of course, no problem," she swered. I thought with pleasure walking out with V.J. that eveni and then I could take it back in t morning if he thought it was too pensive. "I'll take it," I said, and soo was walking out of the store with it a lovely round hatbox.

I was elated at first, then I beca fearful. I argued with myself all way home. After all, it (continu



Freeze!

"Goodness! I was just getting everyone together for a family portrait when who should catch us but Michelle Emblem, everybody's favorite wildlife artist. And didn't she do the most perfect porcelain portrait of us? This is something I'm going to treasure for a long, long time!"

the Slippery Penguins

Shown actual size of approximately 7⅛" high.

Four is really four separate portraits! Each e individually created and finely detailed. en the expressions on the penguins' faces are rfect. The baby's curiosity, Mom's affection and d's pride are easy to see.

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Please mail by February 28, 1990.

Please accept my reservation for *We Four* by Michelle Emblem, an original, imported sculpture crafted in fine porcelain and *hand-painted*. I need send no money now. I will be billed in four equal monthly installments of $17.25* each, the first payment due in advance of shipment.

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(continued) was my own money. And he did still have a few dollars in the bank. We weren't absolutely penniless, but I had a feeling that I was in trouble. I stopped on the way at the Mohican Market on Franklin Street to buy two pork chops and a few vegetables, and that took almost another dollar. The butcher smiled at me and threw in a soup bone with a little meat on it. Now I could get V.J. a nice hot supper, but I still hoped we would go out.

When I arrived home I saw that V.J. was sitting by the table lamp, reading the evening paper, turned to the want ads. He looked tired, discouraged, slumped down in his chair. "Hi, V.J.," I said cheerfully.

He looked up. "Hi, Jane." His usual high spirits seemed to have left him completely. Then he saw the package. "What's in the box?" he asked. "Are they giving away hats somewhere?" That was a bad beginning, I knew.

"Let's go out and eat tonight," I said. "It's Valentine's Day."

He shouted at me, "With what?"

"I have two bucks here," I said. "We can get dollar dinners at the Capitol Café." I opened the hatbox and put on the hat. "Wouldn't you like to step out with me tonight?" I walked around and wiggled my hips a little. I batted my eyelashes at him. His reaction was nothing like what I expected. He stared at me, his fine eyes almost bulging. "Don't tell me you bought a hat—and me out of work! How much did it cost?" I told him.

He jumped up from his chair. "Fifteen dollars! And I thought I had a sensible wife. You little fool!" I felt as though he had slapped me. V.J. is a Sagittarius. They are very frank and often brutally outspoken, but it was the first time he had ever spoken to me that way. I am a Gemini, and we are very sensitive. I started to cry, and that seemed to infuriate him even more.

"Get it out of my sight!" he shouted, and he snatched the hat from my head and threw it on the floor.

I picked up the hat. It was crushed, the price tag was torn off, and there was a tiny tear in it. Now, I thought, I cannot return it. But to try to pacify him I said, "I'll try to return it in the morning." He didn't answer. His face was white, his lips grim.

I left the room, smoothing the hat, almost caressing it. I put it back in the box and went to the kitchen to start supper. "Don't cook for me," said V.J. "I don't want any supper." Eventually the good smells got to him and he did eat—silently. And he went to bed in silence, his eyes still hard, his lips still grim. That night I prayed: "Please, God, don't let him leave me." And I promised myself I would rise early, repair the hat, fix him breakfast, then return the hat to the store.

The next morning came, cold and windy. Though it was still dark, V.J. was dressed and ready to leave. He slammed the door as he left: no good-bye, no kiss, nothing. I repaired the hat, and it looked as good as new. I put it on once more. And a thought came to me: Why couldn't I wear it to the shop and put it back in the box just before I went in? Again, I couldn't resist. I donned my very best coat, a white chinchilla, and tied a blue chiffon scarf around my neck. The hat looked fabulous with it. I left.

Most stores were just opening, and Main Street was crowded. I waved to a friend. "My," she said, "you look terrific this morning." I walked by Easton's, its windows still full of beautiful valentines, and I felt the hurt again. I thought of my school years, when I received so many lovely valentines, and tears came to my eyes.

Then I saw a line at a men's clothing shop where there was a sign reading "Clerk Wanted." And I saw V.J., about halfway down the line. I turned quickly, but he had already seen me, so I went to speak to him. He glared at me, glared at the hat. Just as I turned again to leave, a gust of wind took the hat from my head, whirling it through the air, and it landed at the feet of a tall man standing at the door of the shop. He had been watching us.

He picked it up, handed it to me with a gallant bow and said, "It would be a tragic thing for you to lose this lovely hat. It is very becoming." Then he asked, "Is that your husband you were talking to?" I said yes, thanked him and left. On reaching the hat shop, I took off the hat, put it back in the box and returned it with no trouble, but with a pang in my heart, as though I had parted with all my worldly wealth.

When I arrived home that day, the apartment was empty. I put the soup on to cook, feeling bad for myself. Suddenly, the door flew open, and V.J. walked in. In one hand he held a huge white envelope, in the other a hatbox. The hatbox. Was I dreaming?

"Jane," he shouted, his eyes shining. "You'll never believe it, because I can't believe it! I've got a job. A good job. And all because of you. That man liked you. He liked your hat. He asked me questions, and he liked my answers. And he said I must be a heck of a guy to get a girl like you. I bought back the hat. It brought me luck. And here's your valentine. I'm so sorry, honey. I was a brute. Will you forgive me? And take that pot off the stove. We're eating out. And not at the Capitol Café, but at Putnam and Thurson's."

Tears were in my eyes again, tears of happiness. I am a Gemini, and we cry when we're happy. ■

Jane Goyer is ninety-five years old and lives, still, in Worcester, Massachusetts. Her first book, "So Dear to My Heart," will be published in May. Mrs. Goyer was married for sixty years.

THE LHJ '90s NETWORK **Tell us what you think**

How do you feel about sex? What's your biggest health problem? Who are your favorite stars? To find out, we're introducing a reader call-in poll. Each month we'll pose a different question and ask you to phone in your answer. The results will be published in a future issue. Make your vote count!

WHAT DO WIVES REALLY WANT?

Which of these do you wish your husband would do more often?

A) share the housework **B) cuddle up** **C) make love**

Call 900-370-5626 by February 1 to tell us your answer. The first minute will cost you seventy-five cents; each minute thereafter will cost fifty cents. You must use a touch-tone phone.


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satisfying taste.
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SURGEON GENERAL'S WARNING: Quitting Smoking
Now Greatly Reduces Serious Risks to Your Health.
Only 9 mg tar, regular and menthol 100's.

As your family grows, so does your need for a four-door sedan. You need a car with extra elbowroom for all those extra elbows, a car that's comfortable enough to make even long trips seem much too short. Quite simply, you need a car that makes sense.

On the other hand, you *want* a car that not only makes sense, but can excite the senses. You want a car with the feel of a five-speed, the handling of a four-wheel independent suspension system, and the energy of a 2.3 liter High Specific Output engine. A car more easily described as Ford Tempo GLS.

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Transferable 6/60 powertrain warranty.

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Best-built American cars.

The best-built American cars are built by Ford. This is based on an average of consume reported problems in a series of surveys of al Ford and competitive '81-'89 models designe and built in North America. At Ford, "Qualit is Job 1."

Select Tempo models for 1990 offer an optional driver air bag supplemental restraint system.

Ford Tempo GLS

Having the car you need and the car you want doesn't require a two-car garage.



Buckle up–together we can save lives.

Have you driven a Ford...lately?

Ford

MONSIEUR DUCHARME

continued from page 84

orm a picture of Monsieur Durme. He is precise, calm, indomitasocial. He is born to a small bit of alth, which he playfully changes n francs to dollars and back. He es frugally, nonetheless, always ing the prices of things. His unky friends are subject to colds, ains, migraines and gastrointestidistress. They require copious ounts of over-the-counter remedies. loves to sit in cafés and order rything on the menu. In his spare e, of course, he reads maps.

By the time we leave on our trip, I l confident that in France I will be e to get a hotel room with a bath, nplain to the manager about the ne and purchase an orange. About last, though, I am wrong.

Paris is more wonderful and romantic n I ever imagined. Michael and I nd three unseasonably warm Februdays walking the streets, with only ue destinations. We start early in morning. The Seine is high, rolling inst the stone walls of its banks. We scross the river and pace from ghborhood to neighborhood, imaginourselves into each milieu. On the levard Saint Michel, we are pallid dents with intense hairdos and hoodeyes. We are a chic bourgeois couple the intricate Parc Monceau, and in old Paris-crazy Americans cling to a tiny rental on the Île Saint is. Those three days pass in a blisswhirl, and then suddenly, the morn of the fourteenth, it is winter again, d, and I wake and realize I've not dressed a word to anyone but Michael three days.

t is an odd feeling. I've always told chael, as most married people do, I pose, "You're only person I talk to." Now literally true. t perhaps being sole conduit to outside world burden for Miel, I think. He s made every angement, ored in restauts, held pleas discussions h bookshop ners and even ssing strangers, ich he has carely translated me. He has de me feel at me in a place tinctly foreign.

But now, I decide, it's time for me to strike out on my own.

Rising and pocketing our room key, I resolve to try out my scraps of French by purchasing the makings of a breakfast to be prepared in our hotel kitchenette.

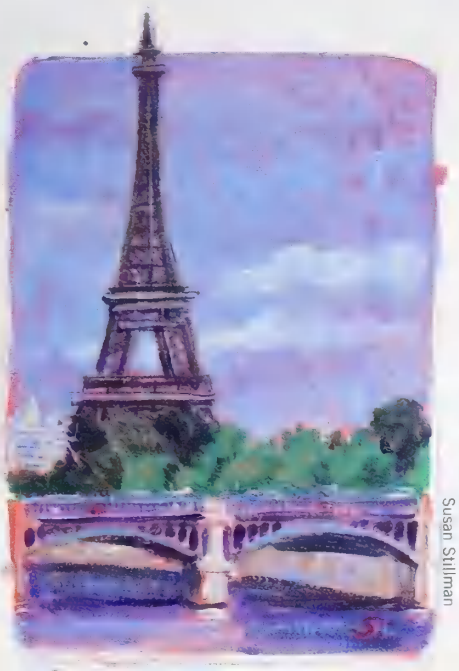
In a grocery around the corner, I cheerfully request bread, cheese, coffee, milk and, of course, oranges from a young man at the counter. While he selects these things from shelves behind him, I'm drawn to the exotic labels of the canned jellies and chocolate bars. I turn as he hands me the bag and pay what he asks.

Back in the hotel room, I present my parcel to Michael. "Breakfast!" I say triumphantly. He opens the bag. He draws out scouring powder, lemon tarts, a roll of paper toweling and a bottle of Pepsi. Michael looks at the shock on my face, the distress.

"Great!" he says, "I'll go get some ice!" The whole episode suddenly turns into a joke.

That is when I know I have found not only my life's love, but someone I can travel with. That essential trick, to tease humor from a disappointing moment, is absolutely invaluable in a traveling companion. In strange surroundings, it is impossible to do everything right. A partner who doesn't take the small things too seriously can help you roll with the punches.

Michael and I have agreed to go our separate ways for a few hours of the afternoon. I'm eager to experience Paris, alone, again. I end up walking and walking, and although I see the bird market and a thousand other lovely sights, I don't have the confidence to try to speak to anyone. At last it is late in the day, chillier. I'm supposed to meet Michael on the Pont Neuf bridge. But on the way there I'm sabotaged.

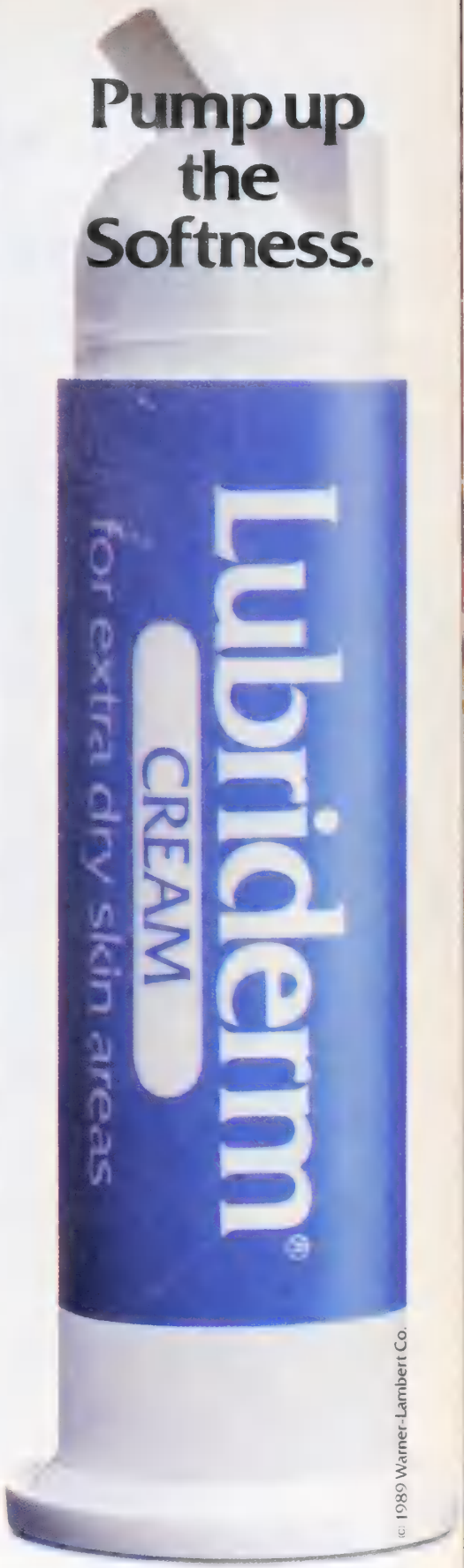


Susan Stillman

Along the Right Bank of the Seine small green wooden stalls have opened, and from each niche purveyors are offering bits of paper, stamps, old postcards, handsome old maps and engravings. I cannot tear myself away. I buy a small gilt paper angel, a hand-colored red fox on a small tablet of green turf, a few flower prints.

And best of all, as I try out my small, repetitive

(cont. on page 171)



Extra dry skin areas need extra special care. Lubriderm® Cream care. Just a dab is all you need for softer elbows, heels and knees.

special valentine

A little romance

My yummy valentine: an intimate, quick-to-fix dinner for just the two of you



FILET MIGNON WITH MADEIRA SAUCE

A richly flavored version of a French bistro classic.

Heat 2 teaspoons vegetable oil in medium skillet over medium-high heat. Sprinkle 2 lean filets mignons (6 oz. each) with salt and pepper; cook 5 minutes per side for medium-rare. Transfer to warm platter. Add 1 large shallot, minced, to skillet; cook, stirring, 1 minute. Add ½ cup Madeira wine and boil until reduced and slightly syrupy, 3 to 5 minutes. Pour over meat.

Nutrition info per serving: 485 calories, 32 gm protein, 35 gm fat, 8 gm carbohydrates, 89 mg sodium, 117 mg cholesterol.



MICROWAVE VEGETABLE BOUQUET

An easy way to cook and a pretty way to present carrots, cauliflower and snow peas. Orange butter adds subtle sweetness to this side dish.

Peel 2 carrots and slice ¼-inch thick; arrange in circle around edge of large dinner plate. Arrange 1 cup tiny cauliflower florets in circle just inside carrot ring. Cover with wax paper. Microwave on High 3 minutes. Mound ¾ cup snow peas, trimmed, in center of plate; cover and microwave on High 1 minute. Place 1 tablespoon butter or margarine and ¼ teaspoon grated orange peel in small dish; microwave on High 1 minute. Drizzle over vegetables.

Nutrition info per serving: 125 calories, 4 gm protein, 6 gm fat, 15 gm carbohydrates, 94 mg sodium, 16 mg cholesterol.

Menu by Lisa Brainerd

THERE'S MORE TO AN ENCHANTED EVENING THAN A LUSCIOUS MEAL

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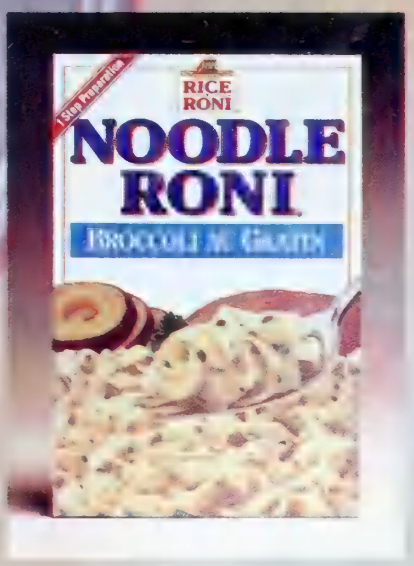
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"Ruby-throated Hummingbird and Lilies" by wildlife artist Cyndi Nelson

Shown actual size: 6½ inches diameter

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*As reported in the Bradford Exchange *Current Quotations*®, Vol. 17-3.

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A WILD NIGHT WITH CYBILL SHEPHERD

On location for her new film, "Texasville," Cybill Shepherd kicks off her Reeboks and lets down that glossy blond hair to talk about her career, children and past relationships . . . and the new man in her life

By Cliff Jahr

At two A.M., Cybill Shepherd just might be the only other soul still awake in Wichita Falls, Texas. Sprawled on a velvet sofa, in a house rented from an oil tycoon with flamboyant decorating taste, she is surrounded by tiger paintings and draperies the length of bridal trains. Her bare feet dangle over the back of the couch, so that she can cuddle her sleeping two-year-old son, Zack, more comfortably.

Nonchalantly, she rubs her eyes to try to keep awake. "Doo-be-doo-doo-DOO-O-O-O!" she sings to the ornate ceiling. "Isn't scratching your eyes one of the most enjoyable things you can do?" she asks coyly, before looking down lovingly at her son and adding softly, "He's on California time."

"I wanna go Mommy's bed," says Zack, waking up and tugging on Cybill. "We will—we will," she assures him. A nanny appears and whisks the child

(continued)


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tairs to be with his twin sister, el. "Can you see the three of us ne bed?" Cybill says, giggling.

ere in the still of the night, the eback kid of the mid-eighties ns serene and relaxed. Asked if she appy, she nods—a little too quick- and starts to sing again, sounding Ringo Starr. "*But you know—you w—it ain't easy!*"

What "ain't easy"? "Life!" she re- s. "Life is interesting but just very icult, and mine's up in the air." Cy- 's second marriage broke up last ter, her television series, *Moon- ting*, ended last spring, and her vie *Chances Are* was not a major last spring. She has a lot riding on *asville*, director Peter Bogdano- n's sequel to *The Last Picture Show*, ch is due out this fall.

ut Cybill has more important ngs on her mind. "Since I've had dren, something has happened to " she continues. "The center of my verse has shifted to them. I've be- ne a mother who works outside the ne full-time. I also run my career, a businesswoman, I'm an artist. hear guys complaining about ir lives—how hard it is to balance s and that. Men have no idea. You're on your own in this busi- s—no man can shield you. I had to e it on the chin for *At Long Last ve*," she says, recalling the disas- us 1975 musical, "Peter [Peter Bog- novich, her mentor and then-lover] n't get out there and fight that. But is a great director, and we're going have a lifelong friendship. Our enty-year history tends to make us re objective in working with each er, I think, and we communicate on set in a quick kind of verbal short- nd. We don't have a sexual relation- p anymore, although we flirt a lit- It's more like we're teasing to see if re's still interest."

Texasville picks up the story of Jacy rrow, the spoiled teenage beauty oill played in *The Last Picture ow*. Jacy, now an actress in her late ties, is retreating from a minor film eer in Italy. She returns to her netown, where her former sweet- arts (played again by Timothy Bot- ns and Jeff Bridges) still live.

This is a risky part for me," she s. "I'm not doing the gorgeous Hol- ood thing. I'm letting them photo- ph me looking older, with darkened r and very little makeup. We use ss-lighting to accentuate my age so see the imperfections.

A lot of Jacy is me because I was y close to the author [Larry McMurtry, whose novels inspired both films]. It is a big, heavy part because she is grieving over the loss of a child, which is, I know, the most difficult thing to recover from. I share custody of the twins with my former husband, and right after I arrived here, I had to send them back to him in Los Angeles. Being away from my children was the hardest thing for me—ever. Sure, I have adjusted and the kids have, too. They're great, but I have to deal a lot with my guilt about not having more time with them. Bruce is a very good father, though—very involved."

Bruce is chiropractor Bruce Oppenheim, whom Cybill married in March 1987. Seven months later, she gave birth to Zack and Ariel. The couple filed for divorce sixteen months later.

"We're going through a difficult period," Cybill says, referring to her relationship with Bruce. "But it could be worse—we could have lived together for twenty years. I am an intensely, *intensely* loyal woman. Bruce and I were being counseled by a therapist. When it was clear that the marriage was hopeless, I said to myself, 'Oh, all that time and money wasted on therapy!' But now I'm glad about that, because I know that we tried *everything*. It wasn't just 'Oh well, there goes another marriage.'

"I told the children about the divorce, and they may not understand what you're saying, but they get the general intent. A girlfriend of mine asked Clementine [her nine-year-old daughter by her first marriage] what she liked best about her mother, and she said she liked to talk to me. That's really what I want. That my children feel they can always talk to me."

Cybill turns forty in February, but she still looks coltish in skimpy shorts and a T-shirt. Since she's taken up bodybuilding, her long arms are now muscled and anchored by solid shoulders. "Men find them threatening," she says slyly. "And when I wore a sleeveless dress on *The Tonight Show*, my mother called and said, 'What happened to your shoulders? Will they ever be the same?' I couldn't stop laughing. Now I cut the shoulder pads out of things, and I've been doing bench presses because I have to carry around two infants who will be getting bigger and bigger. I like the way it looks. When I exercise with my two male friends, they like to say, 'Cyb, you don't want to do too much shoulders.' I say, 'Excuse me . . . ?'

"Back in the fashion-model days," she adds, taking a sip of herbal tea, "I was the largest model in New York. At five feet eight *(continued)*



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(continued) and a half inches, I wore a size ten or twelve and eventually weighed more than one hundred forty pounds, but I wasn't fat. It was a healthy look. I was a *normal person*."

Cybill, a former Miss Teenage Memphis, was already a top model when Bogdanovich cast her in *The Last Picture Show*. Her pouty, teasing performance created a sensation, and the film was nominated for eight Oscars, including Best Picture.

"My goal then had been to study art history in Florence," she remarks, "but I was destined to act. One day, while shooting the poolroom scene, I fell in love with moviemaking when Peter said, 'Y'know, you have talent. You can do this.' I was impressed that he believed in my intelligence and spoke to me as an equal."

But the couple's next efforts, *Daisy Miller* and *At Long Last Love*, were flops. Cybill's career faltered, and her love affair with Bogdanovich ended. She retreated to Memphis in 1978 ("Nobody wanted me," she says, "boo-hoo") and soon married an auto-parts salesman, David Ford. The couple had one child, Clementine, before divorcing in 1982.

While living in Memphis, she sang in nightclubs and acted in dinner theaters. In 1983, she landed a leading role in NBC's dramatic series *The Yellow Rose*. Then Glenn Gordon Caron, who was looking for a "cool, sassy blond heroine in the Alfred Hitchcock mold, a Grace Kelly," cast her in his new television series, *Moonlighting*. "An actress is lucky if once in a lifetime a part like Maddie Hayes comes along," remarks Cybill. "I've had more than my share of success—I'm not complaining—although I do go after *many* roles I don't get."

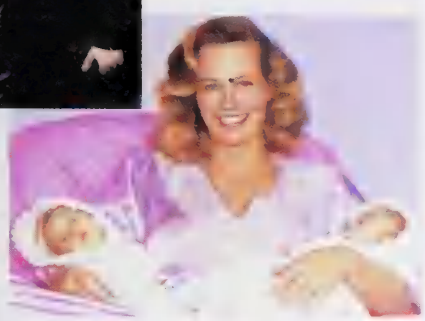


Cybill and Timothy Bottoms, who were teen sweethearts in *The Last Picture Show* (above), co-star again in *Texasville*



The show's meteoric rise was fired by the on-screen romantic chemistry between Cybill and co-star Bruce Willis. But three and a half seasons later, the strain of creative struggles, schedule overruns and spatting between the costars killed the show.

Much of the blame fell on Cybill, as the tabloids clucked about her volatile temperament. "What happened was that Bruce Willis got sick of playing an attractive jerk," she explains. "So what's the conflict between the characters going to be? Well, they decided to make Maddie Hayes into a bitch, which led to my yearlong struggle with the producer. All of a sudden Maddie's in a bad mood at the office because she had a lousy date the night before. She turns into a raging, hysterical female—which is the ultimate male fantasy. I fought like hell not to play those bitch scenes, but whenever I made creative suggestions, people did not take me seriously. All my life I've had people talk slowly to me because of the way I look. They think I can't think.



Cybill says that her kids, Clementine and twins Zack and Ariel, are now the center of her universe

"Well, TV stars really have a lot of power on the set," she continues. "You can't quit, they give you so many perks, and you can kind of throw your weight around. I decided to figure out how to use this power, because I'm not going to be a big star all my life. I'm into acting for the long haul, and someday I'm going to be the 'guest star,' which I don't mind; that'll be interesting. But by then I've got to sort out which part of my ego is creative and which part is destructive. So I resolved that whenever I have ideas, I *must* express them.

"*Texasville* is going along very well in that respect," she adds. "Jeff [Bridges], Peter and I are more like colleagues working things out. Of course, the three of us have big egos, but none feels he or she has a monopoly on knowing what works."

Does she have regrets? She sings again, this time in French, "*Je ne regrette ri-en-n-n*," shattering the coming dawn with Edith Piaf's ironic lament. She then pauses to listen for a baby to cry. "Of course, I have regrets," she says in a stage whisper. "Lots of 'em. The divorce, for one. This year has been a roller-coaster ride. But *Moonlighting*? I don't know. It had to end because we went way off on the wrong track. I first got fed up with it during my pregnancy with the twins, which was a truly suffering experience under enormous work pressure. I was blamed for delays by staying too long in my trailer. Morning sickness. Would it have been better for me to come out and throw up on the set?

"A lot of people read that stuff and wanted to believe the worst. And at first, I didn't answer back. I was always trying to be [her voice goes velvety] . . .*nice*. 'Cause we girls are supposed to be that way, aren't we? And we girls aren't supposed to have shoulders that are too big either. Y'know, Bette Davis said it all: 'If a man stands up for his rights, he's a man. If a woman stands up for her rights, she's a bitch.' "

While Bruce Willis pulled in a mighty $5 million to star in *Die Hard*, Cybill was reportedly offered $2.5 million for *Chances Are*. "Oh, don't I *wish*," she says. "No, I got half of that, and I'm taking less for *Texasville*. Well, I'm glad for Bruce. It just shows again that there are no careers for women in movies, because there are not that many parts. *Chances Are* made money. I did my job; beyond that, I let go. It won't affect me—I'm still going to work. I don't care if it's at Granny's Dinner Theater. I love what I do.

"Bruce called me not too long ago to say hi," she continues, "but we need time away from each other, because for four years we were stuck like rats in a cage. I really adore him and Demi [Moore] and their baby. And it was wonderful seeing the transformation he went through—the great strides he made with his alcohol problem."

How does glamorous Cybill feel about turning forty? "I'm scared to death to leave my thirties," she readily admits. "I think about it a lot, but I'm an incredible optimist and refuse to believe that life is a vicious trick played on us—that after a certain *(continued)*

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CYBILL SHEPHERD
continued

age it's all rotting and dying.

"As I get older," she says with a sigh, her gaze returning to a tiger painting, "I think I'm becoming more of a character. Your face in youth is a blank map, but as you age, the way your skin hangs and your body changes is a history of the life process and something to be proud of. Well, my face is beginning to tell my story.

"I won't say I'll never have cosmetic surgery, but I hope not. There are certain actresses who want to keep looking eternally the same, so they start surgery early. They've got that strange look, not old, not young. Just tight and smile-stretching. To stay the same would bore me. Especially since I'm interested in making the transition to character roles. I think how Shelley Winters had to gain forty pounds or something [for *The Poseidon Adventure*] before anybody would give her a job. My grandmother always said, 'Don't let them ruin your health,' and I wouldn't go that far. But I figure I'm going to have to look different if I want to get different parts."

Yawning in the pre-dawn quiet, she stretches her well-formed arms. "At this age, I still feel like a babe in the woods. I'm *just* beginning to know how little I know about life after making two mistakes. Not that I'm ashamed of those divorces, but I've learned something about myself. I like to think of them as cautionary tales."

These days Cybill tries to apply the lessons she learned to her relationship with Frank Smith, a forty-year-old Boston attorney she met last April in Washington at a pro-choice march. Cybill is so passionate about abortion rights that she is the national spokesperson for Voters for Choice, a political-action committee that supports pro-choice candidates. Although Cybill and her new man are separated by three thousand miles, they try to see each other often. The couple romanced secretly until last July when paparazzi discovered them at a polo match in London. "I am very much in love," says Cybill. "I just haven't talked about Frank before." She flutters her eyes and giggles. "We're definitely going to be together, and we need to figure out the details. He lives in Boston, but that would be difficult for me because I have three children, and their fathers now live in Los Angeles.

"I've met Frank's parents, and when I told my mother, she said, 'Oh, Cybill, you can't be in love. It's too soon!' I said, 'Do you want me to wait until I get to man number *twenty* befor all right to love again?'

"Love is very important to me, says softly. "I really do want than just children and a career. I a primary relationship, though it soon to marry again."

Meanwhile, Cybill is brea ground for her dream house, a J nese contemporary with a river in downtown Memphis. She does plan to do another television serie cause she thinks it would be too consuming. She would, however, to return to the stage. "You get to the whole thing every night," sh plains. "They don't say, 'Cut.' "

Dawn is beginning to peek thr the bridal-train draperies. "Y'kn she says, "a lot of times in my l have made the mistake of compl ing problems so that I didn't hav take action on them. This will s like a cliché, but I know now that just have to live your life, and th will be easy if you can be ho enough with yourself to simplify. grandmother always said [in a t Memphis accent], 'Never go too fa or too far right, Cyb, and everyt will come out just fahnn . . . ' "

Cliff Jahr is a contributing edit LHJ who writes often about celebr

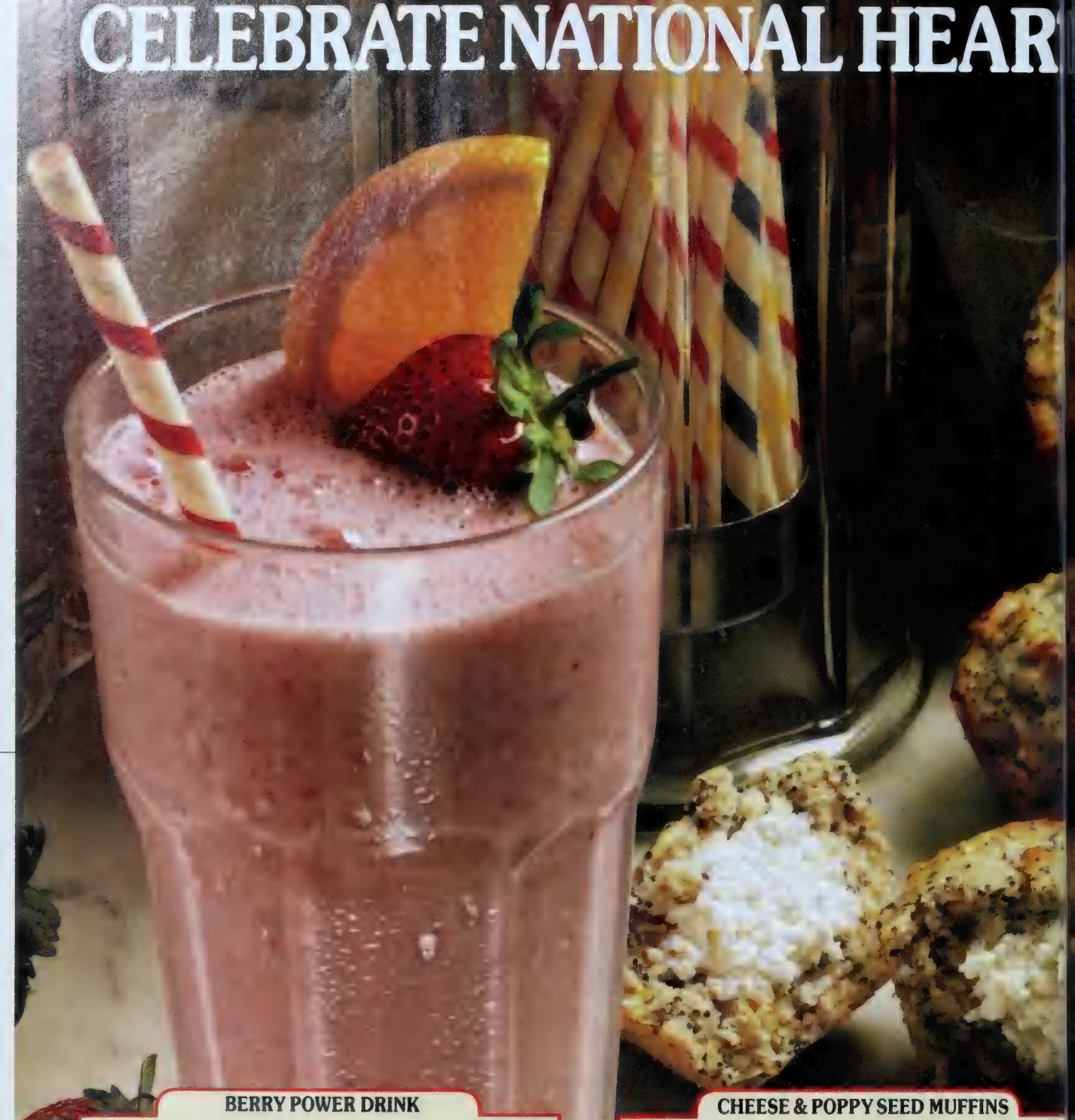
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BERRY POWER DRINK

1 cup cranberry juice
1 cup fresh or frozen strawberries
One 8-oz. carton vanilla low fat yogurt
2/3 cup **Quaker Oats (Quick or Old Fashioned,** uncooked)*
1 cup ice cubes
Sugar to taste

Place all ingredients except ice in blender container. Cover; blend on HIGH speed about 2 minutes or until smooth. Gradually add ice; blend on HIGH speed an additional minute or until smooth. Serve immediately. 2 SERVINGS. *Or, substitute 2/3 cup **Quaker Oat Bran hot cereal,** uncooked, for oats. **Variation:** Banana Orange Shake. Substitute 1 cup orange juice for cranberry juice and 1 medium banana for strawberries. Proceed as directed above. **Nutrition Information:** Each serving (about 1-1/2 cups) Calories 300, Protein 10g, Carbohydrate 58g, Fat 4g, 11% Fat, Cholesterol 5mg, Sodium 80mg, Dietary Fiber 5g.



CHEESE & POPPY SEED MUFFINS

3/4 cup part skim ricotta cheese
1 egg white, slightly beaten
4 teaspoons sugar
1-1/4 cups **Quaker Oats (Quick or Old Fashioned,** uncooked)
1-1/4 cups all-purpose flour
3/4 cup chopped dried apples or raisins
1/3 cup sugar
3 tablespoons poppy seeds (optior
1 tablespoon baking powder
1/2 teaspoon grated lemon peel
1/4 teaspoon salt (optional)
1 cup skim milk
3 tablespoons vegetable oil
2 egg whites, slightly beaten

Heat oven to 375°F. Line 12 medium muffin cups with paper baking cups. Combine first 3 ingredients; set aside. Combine dry ingredients. Add combi remaining ingredients, mixing just until moistened. Spoon 1 tablespoon bat into each cup. Spoon tablespoon cheese filling into center of each. Spread remaining batter over filling. Bake 22 to 25 minutes or until lightly browned. Store in freezer. To reheat, microwave at HIGH about 1 minute per muffin. 1 DOZEN. **Variation:** Omit first 3 ingredients. Prepare batter as directed above. Fill muffin cups almost full. **Nutrition Information:** Each serving (1 muffin). Calories 185, Protein 6g, Carbohydrate 28g, Fat 5g, 26% Fat, Cholesterol 5mg, Sodium 155mg, Dietary Fiber 2g.



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ALPINE FRUITED OATMEAL

2 cups **Quaker Oats (Quick or Old Fashioned,** uncooked)*
1 cup apple juice
1 cup water
3/4 cup diced, dried mixed fruit or raisins
1/4 teaspoon cinnamon
1/4 teaspoon salt (optional)

Combine all ingredients; mix well. Cover; refrigerate at least 8 hours or overnight. Stir well before serving. Serve cold or hot with milk or yogurt, if desired. Store tightly covered in refrigerator for up to 1 week. 6 SERVINGS. *Or, substitute 1 cup **Quaker Oat Bran hot cereal,** uncooked, for 1 cup of oats. **Note:** To heat, place 1/2 cup cereal in microwaveable bowl. Microwave at HIGH about 1 minute 30 seconds; stir. **Variation:** Substitute your favorite fruit juice or dried fruit for apple juice and dried mixed fruit. **Nutrition Information:** Each serving (1/2 cup) Calories 175, Protein 5g, Carbohydrate 36g, Fat 2g, 10% Fat, Cholesterol 0mg, Sodium 5mg, Dietary Fiber 4g.







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ITALIAN PAPRIKA FILLETS

1 cup **Quaker Oats (Quick or Old Fashioned,** uncooked)*
1/3 cup grated parmesan cheese
1 teaspoon Italian seasoning, crushed
1/2 teaspoon paprika
1/4 cup skim milk
1 egg white, slightly beaten
1-lb. fresh or frozen sole or flounder fillets
2 tablespoons margarine, melted
1 tablespoon fresh snipped parsley

Lightly oil rack or broiler pan. Grind oats in blender or food processor about 1 minute; stir. In shallow dish, combine dry ingredients. In another shallow dish, combine milk and egg white. Coat fillets with oat mixture; shake off excess. Dip into egg mixture, then coat again with oat mixture. Place onto pan; drizzle with 1 tablespoon margarine. Broil about 4-inches from heat 3-1/2 to 4-1/2 minutes or until golden brown. Combine remaining ingredients. Spoon over fish before serving. 4 SERVINGS.
*Or, substitute 3/4 cup **Quaker Oat Bran hot cereal,** uncooked, for oats. **Nutrition Information:** Each serving (4-oz. fillet) Calories 280, Protein 29g, Carbohydrate 16g, Fat 10g, 35% Fat, Cholesterol 60mg, Sodium 310mg, Dietary Fiber 2g.



FIESTA CHICKEN BURGERS

2-1/2 cups finely chopped cooked chicken
1 cup **Quaker Oats (Quick or Old Fashioned,** uncooked)*
One 8-oz. carton plain low fat yogurt
1/4 cup chopped onion
2 egg whites, slightly beaten
5 teaspoons lime or lemon juice (about 1)
4 teaspoons fresh snipped cilantro or parsley
1/2 teaspoon chili powder
1/8 teaspoon ground red pepper
6 whole wheat buns, tortillas or pita bread

Line rack of broiler pan with foil; oil lightly. Combine chicken, oats, 1/2 cup yogurt, onion, egg whites, 3 teaspoons lime juice, 2 teaspoons cilantro and chili powder; mix well. Shape into 6 burgers. Place onto prepared rack or over medium-hot coals. Broil or grill about 6-inches from heat 5 to 6 minutes on each side or until golden brown. For sauce, combine remaining 1/2 cup yogurt, 2 teaspoons lime juice, 2 teaspoons cilantro and ground red pepper; mix well. Serve topped with lettuce, chopped red pepper and sauce. 6 SERVINGS. *Or, substitute 1/2 cup **Quaker Oat Bran hot cereal** for oats. **Nutrition Information:** Each serving (1 burger) Calories 270, Protein 24g, Carbohydrate 25g, Fat 8g, 26% Fat, Cholesterol 55mg, Sodium 240mg, Dietary Fiber 2g.





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MONTH AT DINNER!

If you want a delicious way to cut back on sodium and cholesterol at dinner, try these Quaker recipes. They fit deliciously into your family's heart-healthy diet.

HEARTY OAT & CORN BREAD

1 cup **Quaker Oats (Quick or Old Fashioned,** uncooked)
1 cup **Quaker Corn Meal**
1/2 cup all-purpose flour
2 tablespoons sugar
1 tablespoon baking powder
1/4 teaspoon salt (optional)
1 cup skim milk
1/2 cup frozen kernel corn, thawed
3 tablespoons oil
2 egg whites, slightly beaten
2 tablespoons finely chopped onion

Heat oven to 425°F. Lightly oil 8- or 9-inch square baking pan. Combine dry ingredients. Add combined remaining ingredients; mix well. Spread evenly into prepared pan. Bake 20 to 25 minutes or until edges are lightly browned. Serve warm. 9 SERVINGS. **Microwave Directions:** Prepare batter as directed above. Spread evenly into 8-inch square microwaveable dish. Microwave at MEDIUM-LOW or MEDIUM (50% power) 6 minutes, turning dish every 3 minutes or until center is set. Let stand on counter top 5 minutes before serving. **Nutrition Information:** Each serving (1/9 bread) Calories 195, Protein 6g, Carbohydrate 31g, Fat 6g, 26% Fat, Cholesterol 0mg, Sodium 170mg, Dietary Fiber 2g.



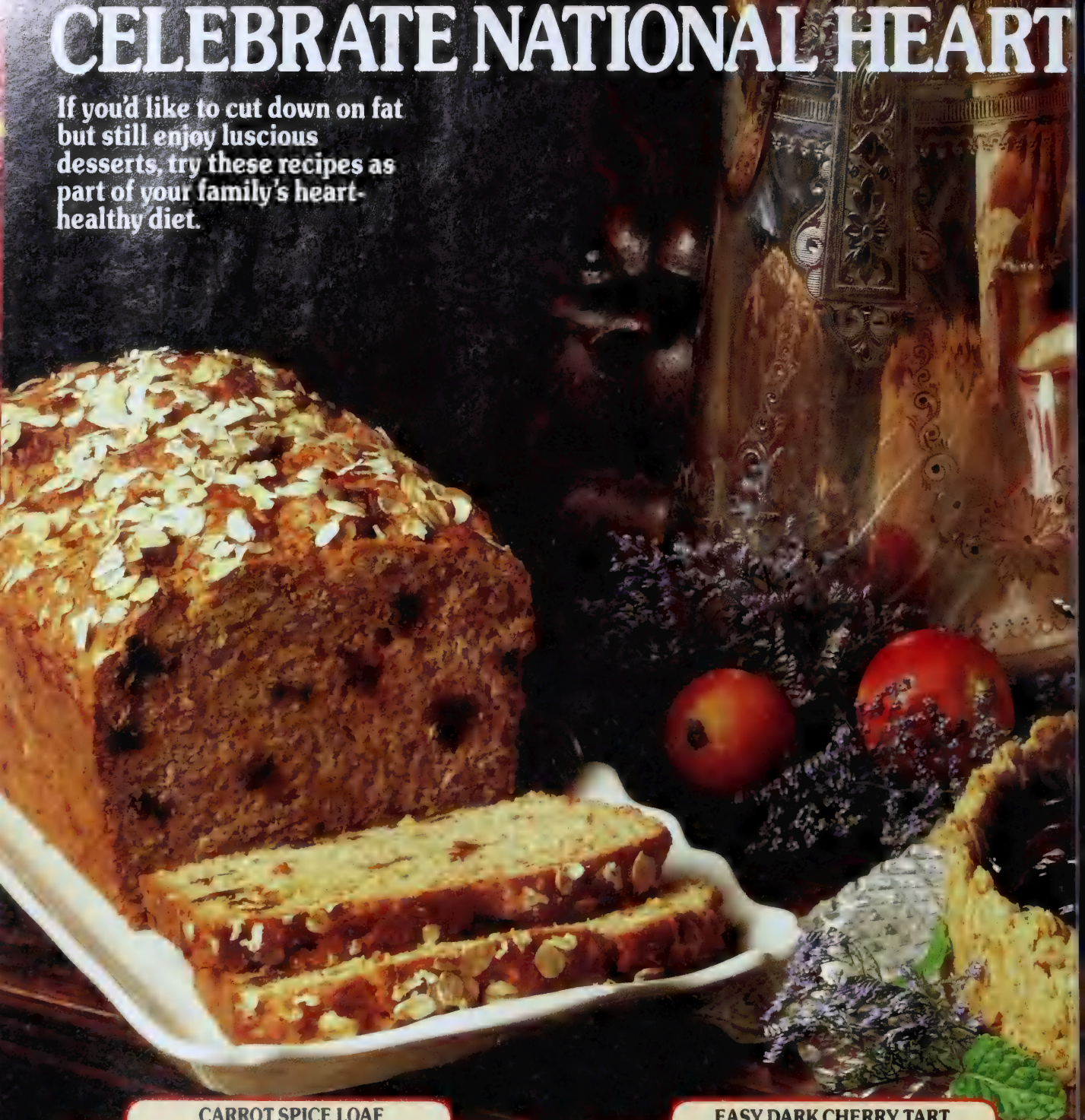




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CELEBRATE NATIONAL HEART

If you'd like to cut down on fat but still enjoy luscious desserts, try these recipes as part of your family's heart-healthy diet.



CARROT SPICE LOAF

2-1/4 cups all-purpose flour
1-1/4 cups plus 3 tablespoons **Quaker Oats (Quick or Old Fashioned,** uncooked)
3/4 cup packed brown sugar
1/2 cup chopped dates or raisins
4 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon cinnamon
1/4 teaspoon ground ginger (optional)
1/8 teaspoon ground cloves (optional)
1/4 teaspoon salt (optional)
1/2 cup frozen apple juice concentrate, thawed
1/3 cup vegetable oil
1/4 cup water
4 egg whites
1 cup shredded carrots (about 2 medium)

Heat oven to 350°F. Lightly oil 8x4- or 9x5-inch loaf pan. Combine dry ingredients except 3 tablespoons oats; mix well. Add combined liquid ingredients, mixing just until moistened. Fold in carrots. Spread evenly into prepared pan. Sprinkle with remaining 3 tablespoons oats. Bake 1 hour and 10 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan. Cool completely. Store tightly covered. 12 SERVINGS. **Nutrition Information:** Each serving (1/12 bread) Calories 265, Protein 5g, Carbohydrate 45g, Fat 7g, 24% Fat, Cholesterol 0mg, Sodium 200mg, Dietary Fiber 2g.



EASY DARK CHERRY TART

1-3/4 cups **Quaker Oats (Quick or Old Fashioned,** uncooked)
1/2 cup all-purpose flour
1/3 cup packed brown sugar
1/4 teaspoon salt (optional)
1/3 cup (5-1/3 tbsp.) margarine, melted
Two 16-oz. cans pitted dark sweet cherries, undrained
2 tablespoons granulated sugar
1 tablespoon cornstarch
1/2 teaspoon almond or vanilla extract

Heat oven to 350°F. Lightly oil 9-inch springform pan or pie plate. Combine first 4 ingredients. Add margarine; mix well. Reserve 1/3 cup for topping; press remaining mixture onto bottom and 1-inch up sides of prepared pan. Bake 15 minutes. Drain cherries, reserving 1/3 cup liquid. In medium saucepan, combine sugar and cornstarch. Gradually add reserved liquid, stirring until smooth. Add cherries and extract. Bring to a boil, stirring occasionally. Reduce heat; simmer about 1 minute or until thickened and clear, stirring constantly. Pour over baked crust. Sprinkle with reserved oat topping. Bake 15 to 18 minutes or until edges of crust are lightly browned. Store tightly covered in refrigerator. 10 SERVINGS. **Nutrition Information:** Each serving (1/10 tart) Calories 235, Protein 4g, Carbohydrate 40g, Fat 7g, 27% Fat, Cholesterol 0mg, Sodium 75mg, Dietary Fiber 2g.



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MONTH AT DESSERT!

JUMBO OAT COOKIES

3/4 cup sugar
1/3 cup (5-1/3 tablespoons) margarine, softened
1/3 cup light corn syrup
2 egg whites, slightly beaten
1 teaspoon almond extract
2-1/4 cups **Quaker Oats (Quick or Old Fashioned,** uncooked)*
1 cup all-purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt (optional)
3 tablespoons sliced almonds

Heat oven to 350°F. Beat sugar, margarine and corn syrup until fluffy. Add egg whites and extract; mix well. Gradually add combined remaining ingredients; mix well. Drop by 1/4 cup measure about 2 inches apart onto ungreased cookie sheet. Press into 3-inch circles. Bake 14 to 16 minutes or until light golden brown. Cool 1 minute; remove to aluminum foil. Store tightly covered. 1 DOZEN. *Or, substitute 1-1/4 cups **Quaker Oat Bran hot cereal,** uncooked, for 1-1/4 cups oats. **Nutrition Information:** Each serving (1 Cookie) Calories 230, Protein 4g, Carbohydrate 38g, Fat 7g, 27% Fat, Cholesterol 0mg, Sodium 110mg, Dietary Fiber 2g.







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Personal Style

The mood of the moment is romance. The secret to the look? Lace





Decorator's Notebook

Your bedroom should be the most enchanting room in the house. We found the stuff dreams are made of



WHAT'S IT WORTH?

An expert appraises your antiques and collectibles



Photos: curtains, Rue de France; chair, Eric Schneider; model, Nesti Mendoza.

P.S.

Personal Style

By Linda Fears





Whether you drape it on your nape or frill your sill, the result is still pure amour. Lace curtain, Rue de France. Lace scarf, DKNY; jacket, Donna Karan; satin camisole, Sami. Model, Michelle Eabry of Click.

A touch of LACE

The right-now rage is amazing lace—it's sure to put a little love in your heart and home



WALNUT LACE COOKIES

These pretty cookies are easy to make and elegant to serve.

Preheat oven to 350°F. Generously grease cookie sheets.

Pulse ½ cup toasted walnuts with 1 tablespoon granulated sugar in food processor until very fine.

Combine ¼ cup butter or margarine, cut up, ¼ cup firmly packed brown sugar and ¼ cup light corn syrup in medium saucepan; bring to boil, stirring. Remove from heat and stir in walnut mixture, 6 tablespoons all-purpose flour and ½ teaspoon vanilla extract.

Drop batter by level measuring teaspoonfuls 3 inches apart on prepared cookie sheets. Bake until browned, 5 to 7 minutes. Let stand until firm enough to remove from sheets, about 1 minute. Quickly transfer to wire racks to cool completely. (If cookies stick to sheets, return to oven 1 minute.) Makes 4 dozen.







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P.S.

Decorator's Notebook



Frothy white linens, piles of pillows, lots of fresh flowers, a bowl of aromatic potpourri, silky satin accessories—that's our idea of a truly romantic bedroom. Martex, Wamsutta and J.P. Stevens have wonderful lines of lacy



white sheets to embellish your bed. And the Claire Burke company offers fabulous potpourri, scented candles, satin hangers and perfumed sachets to keep your suite deliciously sweet. For more information on Claire Burke products, call 800-328-5928.

SWEET DREAMS



Ten tips to make your bedroom more romantic, from Pat Ross, author of *Formal Country* and owner of Sweet Nellie, a NYC shop that specializes in antiques and decorative accessories. ■ A fluffy mohair throw tossed across bottom of bed ■ Candles in interesting holders to shed soft light ■ Framed antique valentine cards ■ A stack of beautiful hatboxes to conceal clutter ■ A huge gilt-framed mirror ■ A screen or an armoire to hide an *un*romantic TV ■ Botanical prints (florals or fruits) hung with dramatic picture bows ■ A sink-into chaise or upholstered chair ■ Cozy area rugs or plush wall-to-wall carpeting ■ A romantic bed—either brass, French iron Empire or four-poster draped with filmy white gauze. ▶

From FORMAL COUNTRY. Photographs ©1989 by David Phelps. Used by arrangement with Viking Penguin.

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P.S.

WHAT'S I WORTH

By June L. Johnson, ASA, and Pamela Guthrie O'Brien



■ This chair belonged to my husband's grandmothe We've had it reupholstered, since most of the origin fabric had rotted, but otherwise the chair is in almos perfect condition. Underneath the seat is stamped: F JAN 7 1873. What can you tell me about it?

—Cindy Stratton, Seattle

Your Victorian platform rocking chair is in the Renaissance R style and looks like the work of John Jelliff, of Newark, New J who began his chair-making business in 1835. His craftsman often distinguished by the use of the carvings known as a for front arm supports, such as the ones on your chair. This is worth approximately $750 to $900.



■ This small wooden trunk belonged to my great-au has a hem or band across the bottom with embossed figures of children on it. Can you tell me anything ab this trunk?

—Mary Nass, Chica

This is a child's doll trunk. I believe it's of European origin and from 1900 to 1915. Since children's items are always colle your trunk is worth approximately $50 to $70.



■ What is the value of my Seth Thomas clock, whic bought at an auction for $25? It keeps perfect time.

—Ann Thomas, Flemingt

This is what's referred to as an Office Clock, and it dates from to 1920. It appears to be a time-and-strike model, which that it strikes on the hour and needs to be rewound once ever days. Since it's in good working order, your clock is worth $ $200. Congratulations. You found a bargain.



■ My husband bought me this gilt-framed mirror, a think it might be an antique. The frame measures fift inches wide and forty-two inches tall. How valuable

—Terry Brandt, Baltimor

The gilt frame holding your mirror, once considered the Cad frames, dates from 1885 to 1890. The gold leaf design is m gesso (a plasterlike substance) and wood, and was hard-ca frame this size is worth $950 to $1,100.

June L. Johnson, an appraiser in Prospect Heights, Illinois, is a senior member of the American Society of Appraisers.

"What's it worth?" will feature appraisals of readers' antiques and collectibles. Send a good-quality color slide (no p plus any info you know about the object to: Prime Shopper Appraisals, LHJ, 100 Park Avenue, New York, NY 10017

Where-to-buy guide

P.S. 2: Donna Karan and DKNY clothing available at major department stores; Sami lingerie is availal Barney's, New York and all major department stores. To order the Rue de France catalog, call 800-777-0 P.S. 3: Basis Soap is available at Walgreen's, CVS, Osco Drugs, Long's, Drug Emporium, Revco, Eckerd Dr Rite-Aid, Safeway and Target. P.S. 4: For more information on Merilott, call 517-263-0771. P.S. 5: For m information on lacy white linens, call Wamsutta (800-344-2142), J.P. Stevens (800-845-1661, ext. 5449 Martex (212-382-5185).

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our cat a ate for Less ? Feel the her rib cage while she's standing. If her abdomen protrudes beyond the ribs, your cat may be overweight.

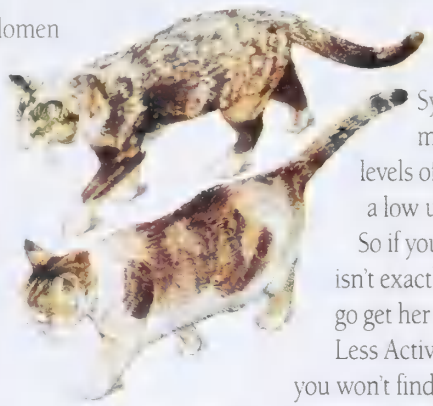
Iams Less Active, combined with proper portion control, is an ideal way to keep your cat trim. Its special formula provides the optimal balance in a high nutrition cat food. And it does that by reducing calories without sacrificing the taste cats love.

Iams Less Active For Cats reduces calories by replacing some of the fat with carbohydrates. Carbohydrates not only have half as many calories, they also provide energy. Other brands merely add excess fiber, which interferes with nutrient absorption and increases stool odor and volume.

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To find the nearest retailer, or learn more about Iams, call 1-800-525-4267 (IAMS).



What shape your cat is in will determine whether she's a candidate for Iams Less Active





IAMS

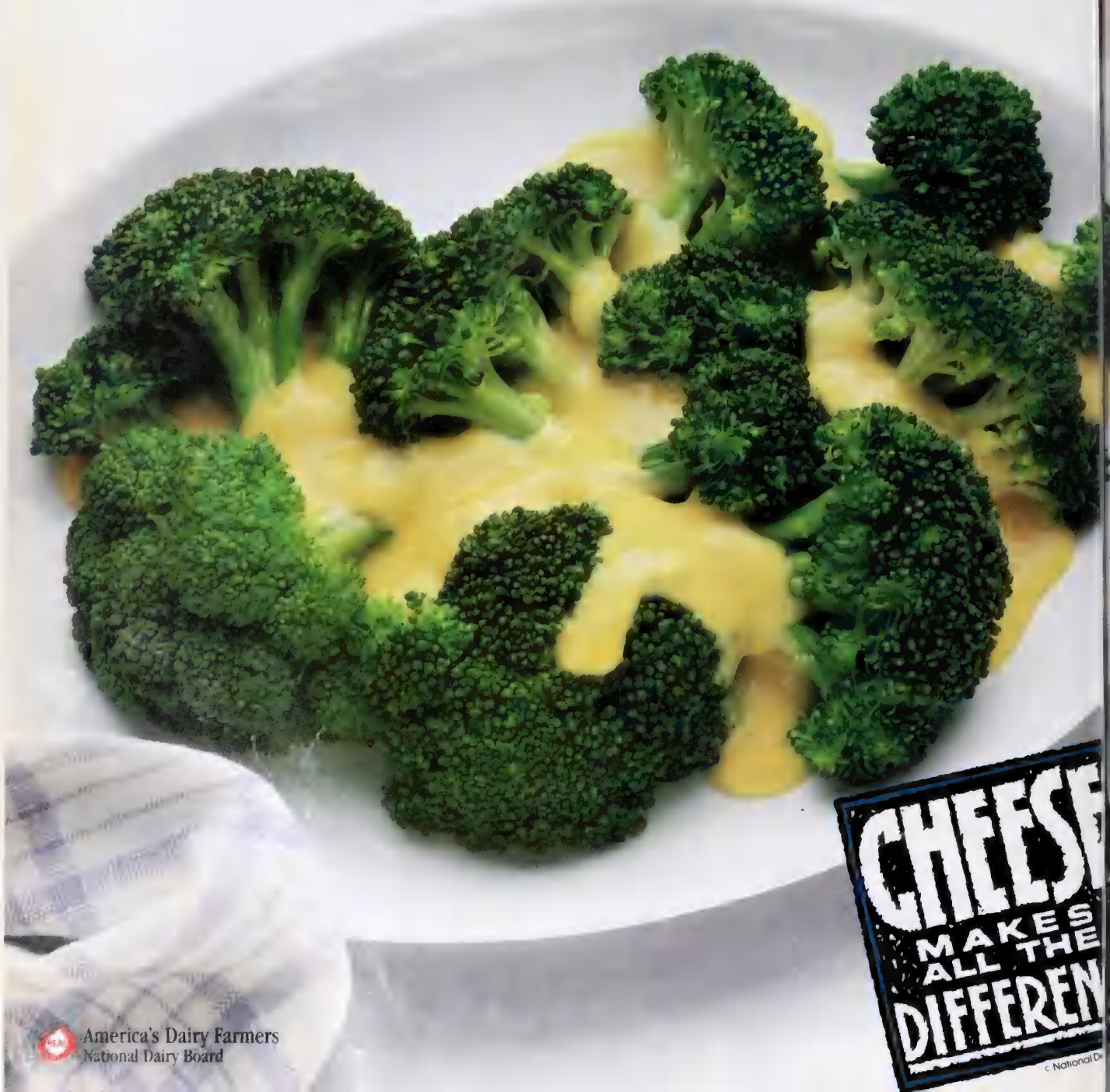
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HOW CHEDDAR CHEESE GIVES PLAIN VEGETABLES A TASTE YOU'LL FANC

This bunch of broccoli was utterly uninspired, until a simple cheddar sauce melted your heart. How could something so easy make such a difference? Try this simple recipe and see!

MICROWAVE CHEDDAR SAUCE RECIPE

Heat 1 c. milk 2 minutes on medium high. Set aside. Melt 2 Tbs. butter 1 minute on high. Stir in 2 Tbs. flour, heat 1 minute more on high. Briskly stir in warm milk. Blend well. Cook on high 2½ minutes, or until boiling. Stir in 1 c. grated cheddar cheese. Blend well.



America's Dairy Farmers
National Dairy Board

c National Da



CHERRY CHEESE PIE

(Makes one 9-inch pie)

- 1 (9-inch) graham cracker crumb crust *or* baked pastry shell
- 1 (8-ounce) package cream cheese, softened
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- ⅓ cup ReaLemon® Lemon Juice from Concentrate
- 1 teaspoon vanilla extract
- 1 (21-ounce) can Comstock® Brand Cherry Filling or Topping, chilled

In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Stir in ReaLemon® brand and vanilla. Pour into prepared crust. Chill 3 hours or until set. Top with cherry filling before serving. Refrigerate leftovers.



APPLE CUSTARD PIE

(Makes one 9- or 10-inch pie)

- 1 (9- or 10-inch) unbaked pastry shell
- 1½ cups Borden® Sour Cream
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- ¼ cup frozen apple juice concentrate, thawed
- 1 egg
- 1½ teaspoons vanilla extract
- ¼ teaspoon ground cinnamon
- 1 (21-ounce) can Comstock® Brand Apple Filling or Topping

Preheat oven to 375°. Bake pastry shell 15 minutes. Meanwhile, in small mixer bowl, beat sour cream, sweetened condensed milk, juice concentrate, egg, vanilla and cinnamon until smooth. Pour into prepared pastry shell; bake 30 minutes or until set. Cool. Top with apple filling. Garnish as desired. Serve warm or chilled. Refrigerate leftovers.







PEACH ALMOND CREAM TART

(Makes one 9- or 10-inch pie)

- 1 (9- or 10-inch) unbaked pastry shell
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- 1 (8-ounce) container Borden® Sour Cream
- 2 tablespoons ReaLemon® Lemon Juice from Concentrate
- 1 teaspoon almond extract
- 1 (21-ounce) can Comstock® Brand Peach Filling or Topping
- Sliced almonds, lightly toasted

Preheat oven to 375°. Bake pastry shell 15 minutes. Meanwhile, in medium bowl, combine sweetened condensed milk, sour cream, ReaLemon® brand and extract; mix well. Reserving 6 peach slices, spread remaining peach filling on bottom of prepared pastry shell. Top with sour cream mixture. Top with reserved peach slices and almonds. Bake 30 minutes or until set. Cool. Chill. Refrigerate leftovers.





HOW CHEDDAR CHEESE GIVES PLAIN VEGETABLES A TASTE YOU'LL FANCY

This bunch of broccoli was utterly uninspired, until a simple cheddar sauce melted your heart. How could something so easy make such a difference? Try this simple recipe and see!

MICROWAVE CHEDDAR SAUCE RECIPE

Heat 1 c. milk 2 minutes on medium high. Set aside. Melt 2 Tbs. butter 1 minute on high. Stir in 2 Tbs. flour, heat 1 minute more on high. Briskly stir in warm milk. Blend well. Cook on high 2½ minutes, or until boiling. Stir in 1 c. grated cheddar cheese. Blend well.



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The Ultimate Chocolate Chip Cookies

- ¾ cup Butter Flavor Crisco
- 1¼ cups firmly packed brown sugar
- 2 tbsps. milk
- 1 tbsp. vanilla
- 1 egg
- 1¾ cups all-purpose flour
- 1 tsp. salt
- ¾ tsp. baking soda
- 1 cup semi-sweet chocolate chips
- 1 cup pecan pieces

Heat oven to 375°F. Cream Butter Flavor Crisco, sugar, milk and vanilla in large bowl. Blend until c
Blend in egg. Combine flour, salt and baking soc
Add to creamed mixture, gradually. Stir in ch
chips and nuts. Drop rounded *tablespoonful*
2 measuring tablespoons) of dough 3 inches
ungreased baking sheet. Bake at 375°F.
minutes for chewy cookies, 1
minutes for crisp cookies.
baking sheet 2 minutes. R
to cooling rack. M
dozer
c

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Butter Flavor Crisco. The Recipe for Success.

Ladies'
Home Journal
February
1990



DIANA'S DARLINGS

Motherhood can be daunting enough without trying to bring up your kids in a worldwide spotlight. Yes, Princess Diana dearly loves her two little princes. But can the joys of raising them make up for an empty marriage? By Susie Pearson







Just like generations of countrywomen before her, she confidently tramps the Scottish moors with her two sturdy little sons. When they reach their modest cottage, she stands cheerfully at the battered stove, frying up the midday meal. Then she and the boys sit down at the wooden table to dig in to their luncheon feast: sausages and lemonade, fruitcake and apples, all spiced with chatter about the morning's events. Finally, it's time for Mum to tidy up the kitchen, leave the cottage and return—to real, royal life as Diana, Princess of Wales, future Queen of England and mother to Princes William and Harry.

These are among the most precious times of Diana's life, those quiet afternoons in her private cottage on the grounds of Balmoral, the royal-family retreat in Scotland. There, for a few hours at least, Diana can pretend she is just an ordinary mother.

But she's not, of course, despite the make-believe. In many ways, she's far more fortunate than most mothers, with a full-time nanny and a flock of servants. Yet not everything about her life is enviable. Having become a highly polished princess, Diana is much in demand—



and her busy public schedule limits the hours she can spend with the boys. Much of the time she's not only a working mom, but very nearly a single one: She and Charles are routinely separated for weeks and sometimes even months.

No matter where they go—to class, to a wedding, to a school sports match—the little princes are followed by a phalanx of photographers. Can Diana stop her kids from becoming spoiled by so much attention?

Charles's hands-off approach to fatherhood is shockingly ironic, given the enthusiasm with which he welcomed the births of his sons. He read so many books on parenting and childbirth, in fact, that Diana once joked, "He knows more about it than I do."

The novelty of fatherhood has worn off, however, and these days the Prince plays the part of a remote, aristocratic parent—a role his own father played during the fifties, and a role Charles once declared himself determined to avoid. Although



EXCLUSIVE: HOW SHE'S

RAISING HER CHILDREN





he willingly gives Diana advice about the boys when he asks for it, the Prince distances himself from the day-to-day routines of family life; he is even reluctant to touch or hug his sons.

Not so Diana: She is the boys' favorite nurse when they are sick, their entertainer when they have parties, their playmate after school, their confidante at night (more on page 112). If they have bad dreams, it is her side of the bed they will creep into.

It is also the Princess who must keep her sons in line. Discipline is difficult enough for any mother; it is especially so with children of such extraordinary privilege, who seem to know instinctively that one day they need answer to no one but themselves.

Already William, seven, is imperious, aware that he will eventually occupy the throne. While playing with other children, his conversation is peppered with the phrases "When *I* am king" (usually followed by a threat) and "I'm going to make a new rule that . . ."

William, dubbed "His Royal Naughtiness" by one London newspaper, is so famous for his rambunctious behavior and his tactless remarks: He has wrecked an expensive toy Jaguar and fought in a number of undignified playground brawls. And he recently told a small girl who was playing a princess in a school play, "You're too ugly. You have to look like my mum to be a princess."





Whether he's in London for an official appearance or in the country for a family vacation, the Prince is the very model of a formal father. But Diana couldn't be more different: She's a hands-on mummy who jokes with her sons and takes them to some decidedly unroyal events like auto shows

Diana undoubtedly finds such incidents embarrassing, and perhaps they make her all the more determined not to spoil either of her sons. On overseas tours, for instance, well-wishers and dignitaries ply her with toys for the children, but she is careful to give William and Harry only one item each.

But sometimes, like any doting mother, *(continued)*



DIANA'S DARLINGS

(continued) she can't refuse. When Wills recently went to a London auto show with Diana, he demanded an eight-dollar toy truck. The Princess—looking weary and dressed-down in jeans and a baseball cap—at first said no, but then resignedly bought it for him.

If William has to be resolutely reined in, Harry, five, has to be just as firmly pushed forward. The younger prince is a shy, clingy homebody who loves to stay close to his mother. Regardless of the night-and-day differences in their personalities, however, family friends say that what both boys need desperately now is a father who puts them first. But in the daily contest for Charles's attention, his sons finish a distant fifth—behind his official duties, his consuming passion for architecture (he is the author of a current best-selling book on the subject) and his leisure-time pursuits of painting and polo.

Clearly starved for paternal attention, William and Harry grew very attached to their bodyguard, Sergeant Dave Sharp. When the Waleses took a holiday in Majorca in 1988, Sharp spent hours building sand castles with the little princes—while Charles sunned himself on the King of Spain's yacht.

A month later, at Harry's fourth birthday party, both boys were said to have sobbed hysterically when Charles banned Sharp from attending. It seems that Diana also became worried by her sons' attachment: Last September, she removed Sharp from his post and ordered him to serve as her bodyguard, a position in which he will see much less of the boys.

If Diana is disenchanted by Charles's lack of attention to their sons, she is far too self-possessed to show it in public. In any case, the satisfaction she finds in motherhood—"Having a child is a miracle," she once said—may be some compensation for the disappointment her husband seems to have caused her.

But although her devotion to her children is unquestioned, she inevitably misses milestones in their lives because of her busy official schedule. She wasn't home for William's first birthday or Harry's first words.

Diana's determination to see as much as possible of her sons despite her daily duties is undoubtedly behind her wish to break with a royal tradition: When her sons enter public school—the training ground for Britain's ruling class—she wants them to go to a school that's near home.

But Charles is eager for William and Harry to uphold family custom and go to Gordonstoun, in Scotland—a "rough, tough and hairy-chested school," according to one ex-pupil. Although the Prince himself admits he didn't enjoy his time there, he has said it would be a valuable hard-knocks experience for his pampered offspring. "I always found it was a good thing to have a certain amount of hardship at a school like that, if you're lucky enough to be born into comfortable circumstances," he told an interviewer.

Diana doesn't agree. While she's more than willing to admonish her little ones for rudeness, she's not ready to consign them to a Dickensian regimen of cold baths, thin gruel—and no parental visits.

Who will win? The boys don't have to go to a public school until they're thirteen, so there are still a few years for Charles and Diana to thrash out their differences on the subject. And the Waleses certainly don't have to take part in the undignified scramble to put their sons down for a certain school as early as possible. "I would hope," Charles has said, perhaps a bit dryly, "that eventually there would be room somewhere."

Two little boys in school

About the princes' present education, however, Diana and Charles are in perfect agreement. William and Harry attend Wetherby, a pre-prep school in London. There, William studies English, geography and painting, while Harry has a less taxing course load that includes storytelling and model-making classes. The school is run on a "streaming" system, with the Green stream for the brightest children and Red for the average ones. (To no one's surprise, William is in the Red, while Harry sailed straight into the Green.)

For the bashful Harry, who started his first term last September, having his older brother at the same school has made it easier to be away from home. "Harry was a bit shy to begin with," says one of his teachers, "but now that he's settled in, he loves it. He plays so well with the other children." On the subject of William, the Wetherby teachers maintain a tactful silence.

After Wetherby, the princes will probably move on to Ludgrove Boys' Prep School, in Berkshire, a fifty-minute drive from Kensington Palace. Like the other students, they will be allowed home for three weekends per term, a factor that may have influenced Diana. And Charles, an ardent proponent of organic farming, was undoubtedly thrilled to learn that the students are encouraged to grow flowers and vegetables.

The palace retreat

Away from school, William and Harry spend most of their time in the Kensington Palace day nursery, a pale-yellow room with their artwork taped to the backs of the doors. The trappings are those of any upper-class British nursery: a well-stocked bookcase, several cupboards crowded with toys and games, a pine table and six chairs that rest on a raised cork-tile floor, to save the carpet from food fights.

The princes eat all their meals here, and often Diana (but rarely Charles) joins them for tea. Having bought muffins from nearby Marks and Spencer, the Princess toasts them herself at the fireplace and sits at the table to chat with her sons, as they do at the Balmoral cottage.

She often drops by, too, to visit her sons in the night nursery, a room with small attic windows that are barred for security. At the end of each bed is a wooden chest for the children's favorite nighttime toys—for William, a multicolored felt parrot, and for Harry, a Snoopy. There's also a bookcase filled with the princes' favorite books, and it is easy to imagine Diana happily reading William and Harry a bedtime story.

Despite her official engagements, Diana's days undoubtedly seem a bit empty now with both boys at school. It's rumored that she may think that the time is right to have another baby—and perhaps that a new baby (ideally, a girl) might rekindle Charles's familial feelings. Associates also say she might be feeling a bit competitive toward Fergie, who is expecting her second child.

Yet it may be, too, that Diana wants to have another child for the simple joy of raising it. "She was born to be a mother," a friend says. The Princess has found that acting as a single parent, even with its problems and heartaches, is anything but a burden—it is, in fact, a warm emotional refuge from her all-too-public life and the coolness of her marriage. ■

Despite the night-and-day differences in their personalities, family friends say, what William and Harry both need desperately is a father who puts them first.

Susie Pearson is a London-based journalist who covers the royal family for Ladies' Home Journal.

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THE SCAREDY CATS

By Meredith Graham

A story about a frightened young prince that every child is sure to understand



He couldn't fall asleep. It was very strange. He was sure that every other night of his life he fell asleep as soon as Nanny or Mummy finished the story she was reading him. Then he would feel Nanny's kiss or Mummy's and fall right to sleep, cradling Snoopy in his arms. Of course, he liked it better when Mummy read him the story and when Mummy was there to kiss him good night. Though he'd never tell Nanny that. He wouldn't want to hurt Nanny's feelings. Wills would. Wills did. "Where's Mummy?" he'd grumble on the nights that only Nanny was there. "Is she out at a party? But I had something to tell her. Something important." And he would sulk or run around the playroom very fast, toppling the tower of blocks Harry was building. And Harry would cry and Nanny would send Wills into his room and Wills would say, "It's not my fault. It's Harry's fault. His blocks got in my way. Stupid blocks. Stupid Harry." And occasionally, in a very low voice, "Stupid Mummy."

Once in a while Mummy would see them before she went to the party. She always looked so beautiful then. She wore diamond earrings and a diamond necklace and sometimes that little crown that Nanny said was called a tea-air-a. Wills liked it when she wore the long silver dress that left one of her shoulders bare. "Oh, Mummy," he'd say, "you do look smashing. You look like a film star. You do, you do. I wish I could go with you." And Mummy would laugh and kiss him and then kiss Harry, too.



What time was it? His room was so dark. Why couldn't he fall asleep? He looked at Snoopy. Something was bothering Snoopy, too. And then he remembered. Snoopy would be all alone tomorrow. Harry was going to school, his first day of proper school, and he couldn't take Snoopy. "They'll laugh if you do," Wills had said. "They'll think you're a baby. You *are* a baby," Wills had said, and pushed him. "Am not." Harry had pushed back. Lately, he had found it easier and easier to give Wills a good push back when he had to.

But school, that was different. That was scary. That was dreadful. His eyes filled with tears.

Suddenly, the nursery door opened, and he sat up.

"Harry." As she came close, he could hear the swirl of her long, silky gown. "But, darling, you should be asleep. What's wrong?"

Mummy. He couldn't answer. He just felt tears drip down his cheeks.

"My baby." She sat down on the bed, and hugged him very tightly. He felt the smoothness of her skin and that lovely sweet scent. "I know you're worried about tomorrow."

(continued)

Judy Mastrangelo


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Suave makes you feel like you've spent a fortune on your skin.

(continued) She knew. She knew. He didn't even have to tell her.

"Oh, Harry, I was afraid the first day I went to school, too. I thought my sisters were so big and bright and brave. But not me. I was an absolute scaredy-cat."

"Then what did you do?" He nestled against her, listening.

"Not much, I'm afraid. Stayed a scaredy-cat. Acted silly and shy and giggly. I was a perfect ninny."

"Are you a scaredy-cat now?" he asked.

"Sometimes," she said. "Yes, darling, sometimes I still am. But now I know what to do when I'm feeling that way."

"What? What do you do?" He pulled away and looked up at her.

"Well, when I am going to a new place or meeting new people, I try not to think about me and what a big silly I am. I try to think about the new people I'm meeting. I shake their hands and smile and ask them a question and listen, really listen, to what they say to me. And it is usually so interesting that before I know it, I don't have time to think about being a big scaredy-cat." He put his thumb in his mouth and thought about what Mummy was saying.



"Darling, tomorrow if you just give your teacher a nice hello, and if you just talk to one of the other boys, you'll find it easier than you think. And, of course, I'll be there." He felt her kiss him and tuck Snoopy next to him, but he couldn't even finally whisper good night because he was fast asleep.

Of course, the photographers were there at the school. The photographers were always there, pushing and shoving and shouting. Sometimes it made Mummy laugh, and sometimes it made Mummy cross, but today she didn't notice. As they walked toward the school she just held his hand tight. He was still afraid, but he had made up his mind what he was going to do. Wills was walking behind them, very quiet for Wills.

Now Mummy was talking to the tall lady at the door. "Harry, darling, this is the headmistress," Mummy was saying. "And this is Harry." He smiled. A big smile that he could feel with his mouth and cheeks. He stretched up his hand and shook the lady's hand hard. He looked up at Mummy and back at the lady. He took a breath. "Did you have a nice summer?" he asked in a loud voice. "Why, yes," she said. "As a matter of fact, I did. How good of you to ask, Harry."

Mummy gave him a wink.

"Now, would you like to come inside?"

"All right," he said. Looking at the red door, he felt the scaredy-cat feeling. It was still there, waiting. But he smiled that big smile and asked the lady where his classroom was and felt a little better.



Wills was standing apart from them, looking grouchy, frowning. What was wrong with him? And then Harry knew he was afraid, too. Mummy had said it didn't go away. Mummy must know how Wills was feeling—Mummy knew everything—because she gave him a hug, kissed him on the cheek and then stepped back and put her hand on Wills's shoulder. As Harry went into the school, he saw Mummy bend over and begin whispering in Wills's ear.

Just don't think about what a big silly you are, Harry whispered to himself, walking toward his classroom. Smile, ask a question, and remember even Mummy is a scaredy-cat sometimes.

This is Meredith Graham's first story for LHJ.

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The latest in pleasure

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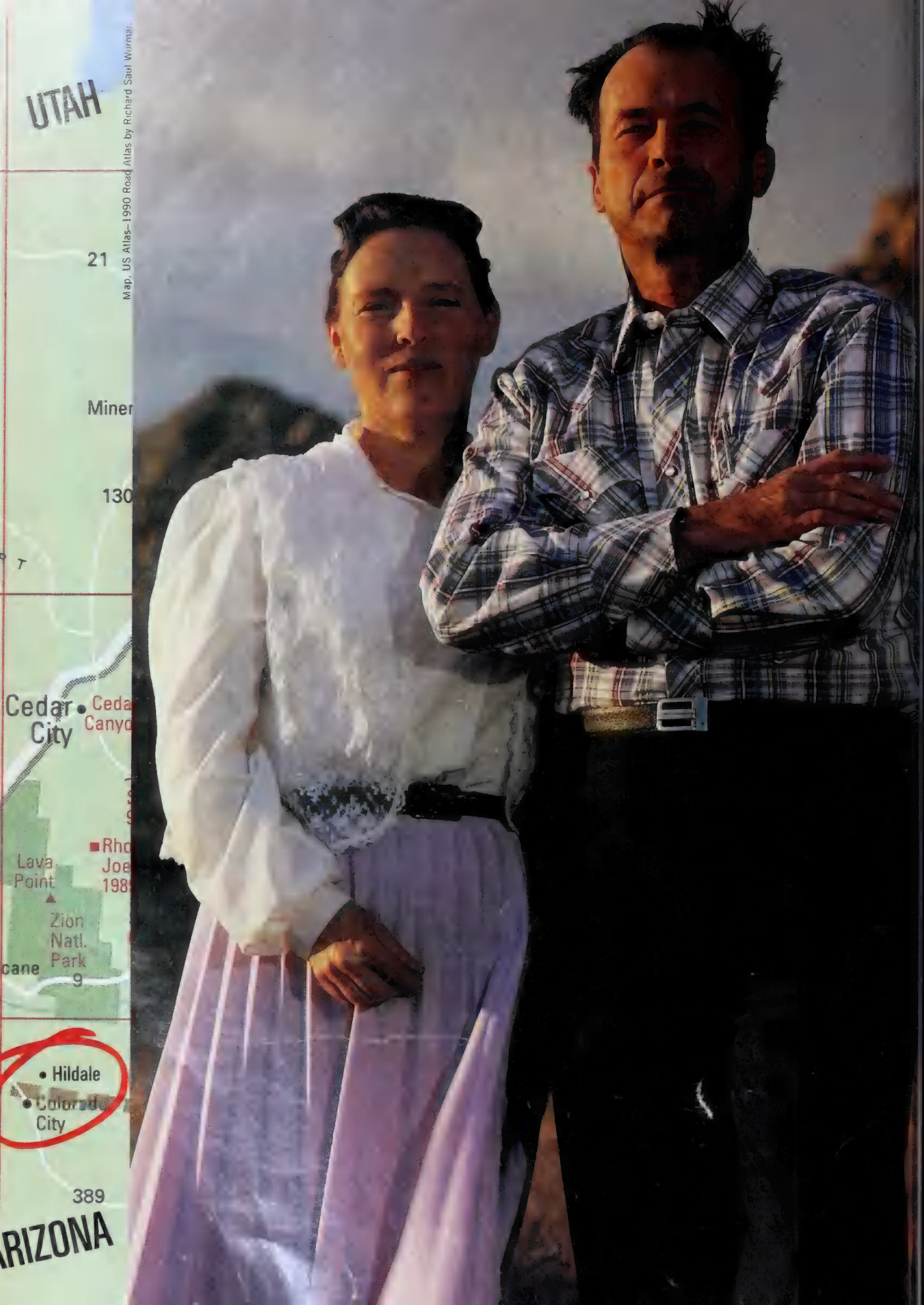


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Map, US Atlas–1990 Road Atlas by Richard Saul Wurman

AN AMERICAN HAREM





IN HILDALE, UTAH, AND COLORADO CITY, ARIZONA, THE AVERAGE MAN HAS TWO WIVES—AND FIFTEEN CHILDREN. WHY IS THE ILLEGAL PRACTICE OF POLYGAMY ALLOWED TO FLOURISH IN THIS REMOTE REGION? AN UNPRECEDENTED LOOK AT TWO OF THE MOST BIZARRE COMMUNITIES IN THE COUNTRY. BY KATHRYN CASEY

The twin towns of Hildale, Utah, and Colorado City, Arizona, are only three and a half hours by car from the neon glitz of Las Vegas, but they seem a century and a half back in time. Walking the streets is like entering the set of a period Western: Women and girls wear braids and long cotton dresses; despite ninety-degree heat, teenage boys play basketball in long pants and long-sleeved shirts buttoned up to the neck. Strangers aren't welcome: There is no hotel, one gas station and one small restaurant. Residents eye visitors warily; if you ask for directions, people stare suspiciously and refuse to answer. Women with children may even run away.

But to its forty-five hundred residents, this isolated section of dusty red-gold desert framed by the Rockies is the *(continued on page 167)*

THE LORD'S WILL: VAUGHN FISCHER AND HIS FIRST WIFE, SHARANE (LEFT), STAND FIRM IN THEIR BELIEFS. ABOVE: FISCHER'S SECOND WIFE, KATRINA, AND THEIR SON STEVEN ROY; VAUGHN'S THIRD WIFE, BRENDA, JUST BEFORE HER DEATH (WITH HER DAUGHTER JULIA)

VIDEO

Look around any video store, and you'll see them: teenagers clamoring for *Nightmare on Elm Street*, parents begging for *Bull Durham*, little ones squalling for *Cinderella*. In our quest for entertainment, are we going too fast forward?



Dennis Kitchen

On a Friday in Wilmette, Illinois, Mary Lou Valeta is getting ready for another glamorous evening in. During the afternoon, she goes to the video outlet to pick up a copy of *The Accidental Tourist*. Back home, she gets dinner for her three kids, gives them their baths and puts them to bed. Then it's time for Mary Lou and her husband, Peter, to entertain themselves—and they don't even need to hire a baby-sitter. "We eat a late dinner and watch the video," Mary Lou says. "It's our fake date."

Does this scene sound familiar? That's because it's now playing in living rooms and dens all over America. Just ten years after VCRs began catching on, they've invaded every aspect of our lives.

Not since the early days of TV, when black-and-white sets swept the country, has any entertainment technology become so pervasive so quickly. Over 65 percent of U.S. households harbor VCRs today, up from only 4 percent eight years ago. Tape sales and rentals have zoomed into a $10.5 billion business. Most renters limit themselves to a few videos per month. But nearly 15 percent of VCR owners visit the video store every week, taking home an average of two tapes each time and sometimes as many as four to eight at a shot.

In short, video has become America's new family fix. Harried moms plop their kids down before *Bambi*; bored teens wallow all weekend in the collected works of Freddy Krueger. "We know lots of families with five VCRs," says Ron Davis, owner of Video Boxoffice, *(continued)*

By Katherine Barrett and Richard Greene

THE NEW FAMILY FIX



VIDEO THE NEW FAMILY FIX

(continued) in Orange, Connecticut, one of the largest independent stores in the country. "In some homes, every kid has his own."

The grownups get equal time, too. Every Saturday, you can see them doing the video waltz: Take three steps to the right, inspect the row of videos, look at your partner, shrug, and take another three steps to the right. Al Cohen, a semiretired furniture salesman from North Philadelphia, waltzes regularly with his wife at his neighborhood branch of the West Coast Video chain. "We come three times a week," Al says. "More in bad weather. You don't have to stand in line like at a movie. There's no noise, no popping bubble gum in your ears, and you can stop the tape when you want to."

But is all this videocy good or bad for us? The answer is as mixed as many movie reviews, depending partly on age and viewer discretion. What's good about videos is easy to identify: They give us a wide choice and give overlooked films a second shot at the box office; they can educate as well as entertain.

Many fans insist that videos save them money—although that's debatable. Take Rich Muraski, forty-three, a Connecticut videophile; he owns two VCRs and a laser-disc player, as well as a collection of two hundred tapes and a brand-new thirty-two-inch television that cost about $2,200. Rich, who's single, works two jobs—as a computer programmer and a camera-store manager. He's so busy that he has time to watch tapes only on weekends, so he crams a lot in: He gets together with his friends and watches two on Saturdays and two on Sundays. "Things are expensive and pressured in the world," he says. "There're taxes, drug problems, health problems. You need a place to relax in. I'm creating a cocoon."



Other supporters contend that VCRs serve as electronic hearths, bringing families together. But the sense of warm camaraderie around the videotape is largely illusory. Conversation is rare while the tape is rolling. "I've had clients who watch movies all weekend," says Jay Cleve, Ph.D., director of the community mental-health clinic in Stevens Point, Wisconsin, and author of *Out of the Blues* (Comp-Care, 1989), a book about depression. "They feel they've done something together, and that's frightening. They think togetherness is simply sitting in the same room in the dark and putting one's attention on a screen instead of on each other."

It's perhaps sad that the most popular days of the year for video rentals are the times when families are traditionally most focused on each other: New Year's, Thanksgiving and Christmas week. "On New Year's Eve people are together for a long night, and they run out of things to say," a teenage employee of a Chicago-area video store observes.

Moreover, as increasing numbers of households purchase second, third and fourth VCRs, even the illusion of togetherness may disappear. Mom likes romances, Dad likes dramas, and the kids like comedies. Soon they'll all go into their own rooms and watch them.

Video is a more intense experience than TV, says James Beniger, Ph.D., a professor of communications at the Annenberg School of Communication, University of Southern California. "With television, one person turns it on, and it's on until the last person in the house goes to bed. Now people are watching movies from the beginning to the end with their whole attention. It's made viewing much more serious." That's what can make it more dangerous.

The fact is, for people who have difficulties dealing with the outside world, videos are a potent alternative to reality. An endless parade of films may deaden the pain of a lonely existence, but it also lessens the desire to reach out and make friends. "Videos are one more tool to help a person avoid confronting pain, loneliness, emptiness or low self-esteem," says Jay Cleve.

Adds Ellen McGrath, Ph.D., a New York City clinical psychologist, "We are more depressed than our grandparents ever were. There are many reasons for that, and the overuse of VCRs is one of them."

"We are more depressed than our grandparents ever were. There are many reasons for that, and the overuse of VCRs is one of them."

If this sounds like a replay of the arguments once waged against TV, remember that, as Beniger says, videos can command total concentration for hours on end without that much-maligned break for commercials.

"Physical activity is highly associated with reducing depression," McGrath says. "Video watching is exactly the opposite of that. It's probably one of the strongest reinforcers for nonactivity that we have in our society."

McGrath is also concerned about the reliance on X-rated selections as a substitute for sexual relationships. Although adult fare makes up only 6 percent of the total video rental market, almost every video store has an adults-only section. Says Stephanie Shulman, director of marketing for the RKO Warner video chain, "As long as it's not banned by law, we'll offer it."

There may be no problem for the curious couple who want an occasional thrill in the *(continued on page 165)*

Dennis Kitchen

Lenox.



Shown much smaller than actual size of 22½" high.
Hardwood stand provided.

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SHORT HAIR





THE LONG AND SHORT OF IT: SUPERSTAR HAIRCUTTER BRUNO PITTINI IN ACTION AT HIS MADISON AVENUE SALON, BRUNO DESSANGE, NYC





SIMPLY



BY LOIS
JOY JOHNSON
BEAUTY AND
FASHION EDITOR

BEAUTIFUL

SHORT HAIR MEANS NO-THOUGHT-REQUIRED STYLING. ADD CUSTOM-BLENDED COLOR, AND YOU HAVE THE EQUATION FOR A CAREFREE, LESS-IS-MORE LOOK. WHAT'S CUSTOM-BLENDED COLOR? AN AT-THE-COUNTER SERVICE WHERE EXPERTS ANALYZE YOUR SKIN TONE AND CREATE JUST-FOR-YOU POWDERS, BLUSHERS, FOUNDATIONS AND MORE. MAKING UP BECOMES FUSS-FREE, PERFECT EVERY TIME

CUSTOM COLOR





VISAGE BEAUTÉ'S LINE OF CUSTOM-BLENDED PRODUCTS, LEFT TOP AND BOTTOM. PRESCRIPTIVES' CUSTOM BLENDING IN PROGRESS, BELOW, AND RESULTS, ABOVE. AT BERGDORF GOODMAN, NYC





SIMPLY


BEAUTIFUL

SHORT CUTS

Why is short hair so hot? Bruno Pittini explains, "A well-designed short style gives you the versatility to go from classic to sporty to sexy, according to your mood (with a bit of gel to help). The key is to be sure the style is soft, fresh, touchable." Below, more top stylists from around the country give their expert snip tips.

■ **CHARLES IFERGAN for the Charles Ifergan Salon, Chicago** "Every woman can go short, but the stylist must strengthen weak features and enhance good ones. For instance, a high forehead needs bangs, a weak chin needs hair behind the ears, a square face needs roundness in cut."

■ **MARK GARRISON for Jean Louis David Quick Service, NYC** "A small, delicate face is especially ideal for short hair. The cut must be soft (no buzzing!), with the proportions determined by hair texture."

■ **DON SHAW for the Don Shaw Salon, Atlanta** "The short cut says young and modern. It's for the woman who really takes care of the way she looks. Longer hair usually makes you look tired. That's why women with long hair put it up different ways—to give their faces a lift. Also, most women I've seen have been coloring and perming their hair for years, so a short cut means getting rid of the garbage—split and dead ends—and starting over."

■ **ROCCO ALTOBELLI for the Rocco Altobelli Salon, Minneapolis** "I think more women can wear short hair if they're true to their hair type. With fine hair you won't get great volume; with curly hair you won't get a small, sleek look."

■ **PHILIP CARREON for the Cassandre Salon, Beverly Hills** "Your profile is very important. Leave a few tendrils on the nape if your nose is big, leave softness around the ears if they're large. A long face needs volume on the sides, a full face needs the hair more forward. Short hair makes older women look younger and more confident."





COLOR CODED

If your favorite fuchsia lipstick was suddenly discontinued, your skin tone is *always* between foundation shades, or you wish someone would make a face powder that was slightly peachy, the new custom-blended cosmetics may be your solution. Four cosmetics companies now make it possible to special-order the colors you want in the formulas you need—in under ten minutes at a department-store counter. Visage Beauté blends foundation, face powder, blusher, eyeshadow and lipstick. Prescriptives custom-blends only foundation and powder. Charles of the Ritz blends only face powder, and Luminique creates foundation, face powder, blush and lipstick. The key to custom-blended cosmetics? When you rely on makeup colors that are neutral and as close as possible to your skin tone, your makeup will be mistakeproof and natural-looking. What's more, you can pare down your makeup kit to just a few important products.

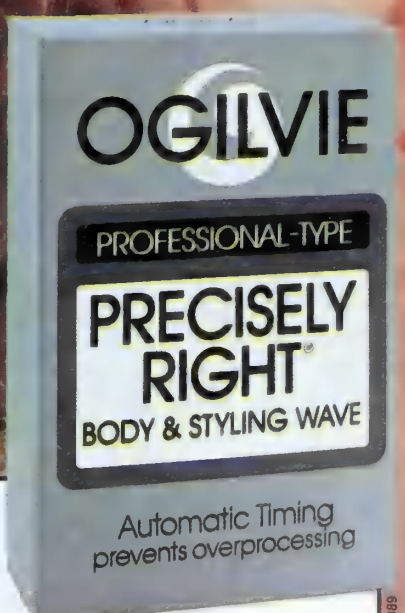
Also essential to a perfectly flawless face—the right tools and application know-how. A few rules everyone needs to master: ■ Always apply and blend foundation with a makeup sponge for a sheer, natural look. Apply two to three thin coats when you want extra coverage. Reblend creases around nose, eyes and hairline with clean side of sponge. ■ Use loose face powder for a flawless finish. Apply with a cotton puff or fat makeup brush and whisk off excess. Repowder T-zone as final step. Touch up during the day with translucent pressed powder. ■ Apply eyeshadow with a round-tipped eye-makeup brush (about the size of pinky tip) for seamless blending of shadow and pencil. Blend from outer corner in. ■ Another must: a fat-domed blush brush. The brush that comes with the compact is too small for professional blending. After applying blush, dip brush in loose translucent powder to blend edges. ■ A lip brush makes applying lip color more precise and avoids a thick, cakey look. (Do mouth corners with mouth open.)

SIMPLY BEAUTIFUL

esti Mendoza.

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THE GREAT WHITE WAY

CLASSIC MODE: For versatile, season-spanning chic, look on the white side! A great white shirt plays perfectly with your whole wardrobe. Here's a host of dandy styles to stock up on right now

Point blanc: We love the easy charm of this cotton blouse by Sisley, left. The pretty eyelet bodice lends textural impact and plenty of feminine flair—an ideal way to dress up leggings, khakis and jeans. Blouse, $58. Leggings, Dosa; hat, Madcaps; pocket watch, Timex. Have a zest for Southwest? Then top off your fringed suede skirt and cowboy boots with a white-on-white embroidered shirt, like this one, right, in cotton by French Connection, $47. It's roomy enough for layering and a perfect backdrop to showcase Santa Fe–inspired accessories. Skirt, Liz Roberts for Robert Elliot; bodysuit, Emporio Armani; necklaces, Henrique Bang; belt, Luc Benôit; hosiery, Hue. Models: Lori Denues of Name, left, and Jill Sörensen of Ford. All photos, Richard Dillon; hair, Howard McLaren; makeup, Linda Mason. Details, page 164.





WHITE ON

The stunning simplicity of white silk, left, is a natural choice for working class and after-five panache. Elegant details to note: a flattering deeply notched collar, French cuffs, invisible shoulder pads, covered buttons. Blouse, Christian Dior, $108. Trousers, J.G. Hook; belt, Donna Karan; hoops, Terry Rodgers. Sweet and unique: a whiter-shade-of-pale silk crepe blouse, right, by Christian Dior. With tuxedo pleats, French cuffs and a big silk rose, it adds about-town clout to any outfit. Blouse, $128. Trousers, Adrienne Vittadini; hat, Deborah Harper. Models: Stephanie of Name, left, and Donna Bunte of Pauline's. Details, page 164.

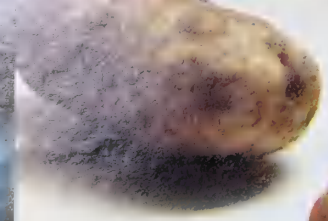




DO THE **WHITE** THING

Classic and career-smart is Adrienne Vittadini's Chanel-inspired ivory silk blouse, left. It's tailored with rich-look gold buttons and a rounded collar. Blouse, $140. Suit, WilliWear Willi-Smith. Right: A trendsetting look that imparts instant style is this body-fitted cotton blouse (which looks rather French) by WilliWear Willi-Smith. Slip it on for a bit of Left Bank swank. Blouse, $86. Skirt, Benetton. Model: right, Meredith of Click. Details, page 164.



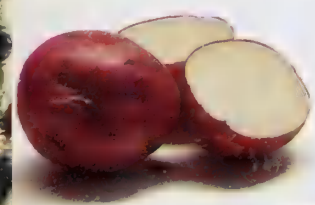




Baby, it's cold outside and the days are much too short, but we know how to take the chill out of them . . . For starters, **HOT POTATOES** *will warm you up—we've turned ordinary spuds into*

LADIES' HOME JOURNAL TRIPLE-TESTED RECIPES

FOOD JOURNAL



extraordinary dishes . . . Equally comforting and as deliciously different are our one-dish dinners. From Curried Shrimp Potpie to Micro-Bake Moussaka,





THIS IS NOT YOUR MOTHER'S CASSEROLE . . .

To keep your sweetheart whispering **SWEET NOTHINGS** *in your ear, create a charming chocolate box valentine . . . And as a tribute to Presidents' Day, cook up a few of the first families' best-loved recipes. See, we told you February would be fabulous!*





FAT

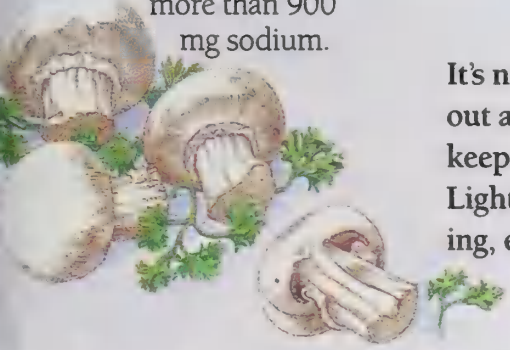
sodium

calories

CHOLESTEROL

Yes, every Le Menu® LightStyle variety has fewer than 300 calories, but calories aren't all that count. So every Le Menu® LightStyle contains no more than 10 g of fat and 100 mg cholesterol.

For sodium watchers, each variety has no more than 900 mg sodium.



Eating right shouldn't leave a bad taste in your mouth.

It's not easy to limit fat, sodium and cholesterol and bring out all the delicious, natural flavor in food. Especially when keeping it all under 300 calories. But that's why Le Menu® LightStyle was created. With the proper approach to cooking, eating right can always taste delicious.

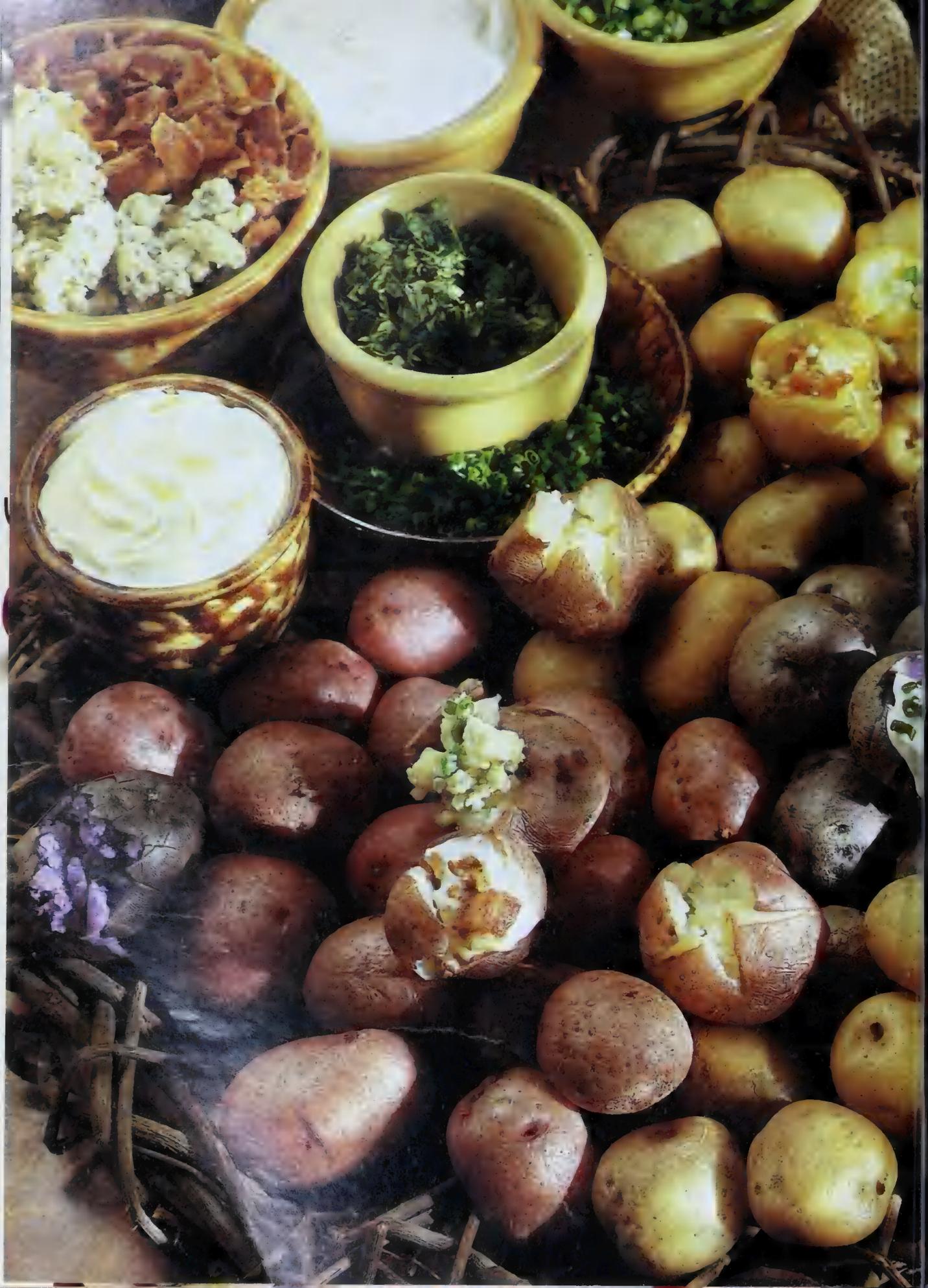
Eating right should be a joy, not a chore. That's why our *Herb Roasted Chicken* starts with tender chicken breast, enhanced by a delicate sauce and seasoned with parsley. A pinch of paprika on the Dutchess potatoes instead of butter keeps cholesterol down and adds a zesty flavor. And the French green beans are enlivened with mushrooms for a contrast in both taste and texture. After all, life is too short not to enjoy what you eat.



LE MENU® *LightStyle*

©1989 Campbell Soup Company

Eating right was never so delicious.





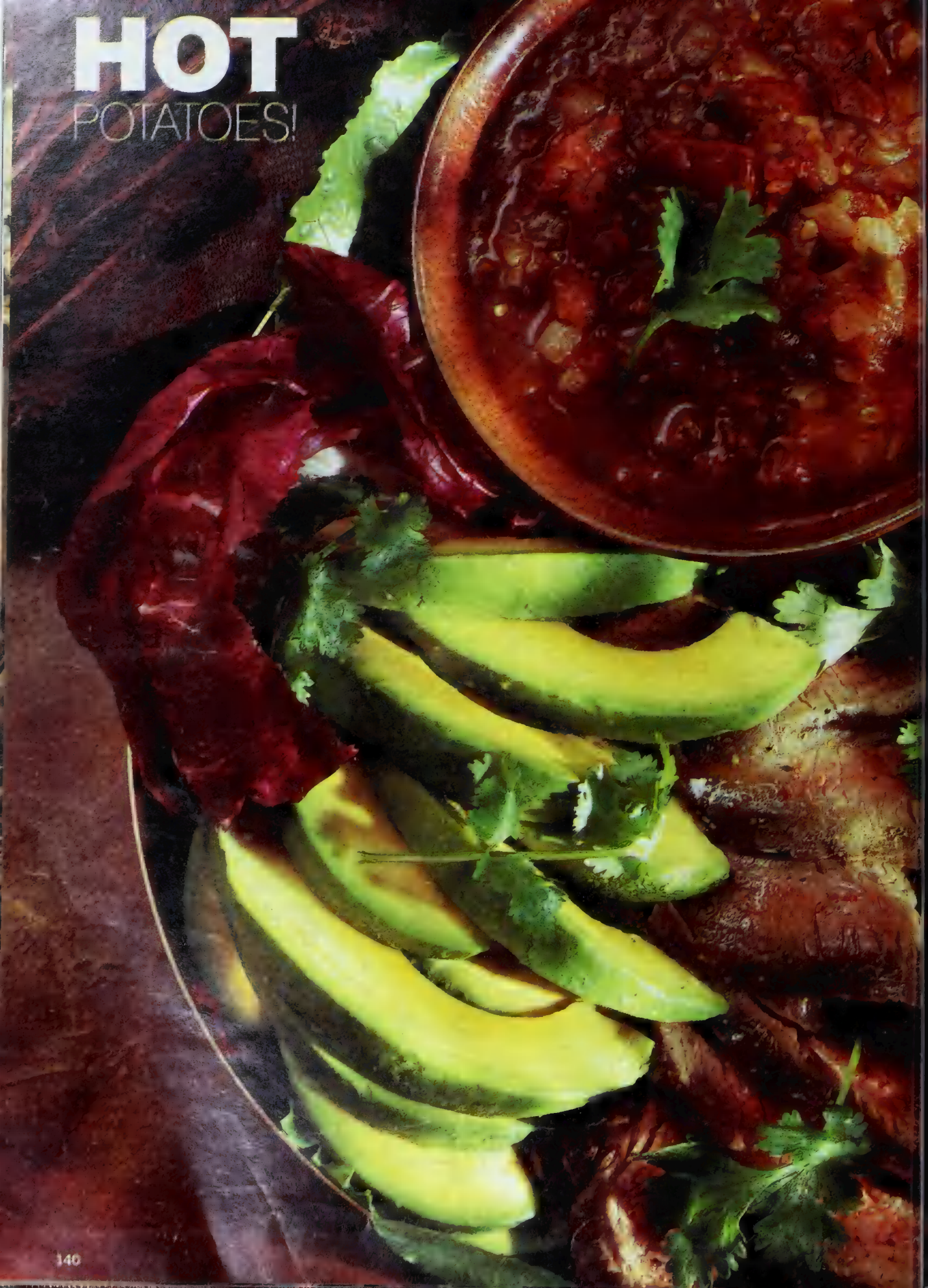
Photos, Mark Thomas; food stylist, Rick Ellis; prop stylist, Nancy Micklin.

They may be the same old tubers, but they're the new rage coast to coast! Mini-taters are being touted as trendy appetizers (like our Red, White and Blue Potatoes with the

HOT POTATOES!

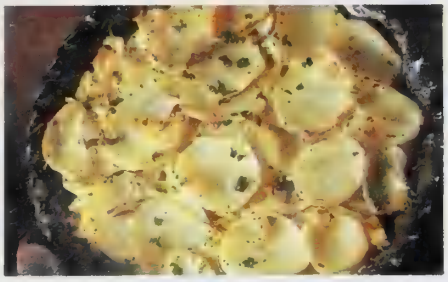
Works, left), and the ordinary russet is a main ingredient for fancy haute cuisine. So whether you prefer your potatoes stuffed with Tex-Mex fixin's or elegantly wrapped around sea bass, this spud's for you. By Jan Hazard, Food Editor

HOT POTATOES!



Easy · Moderate · Challenging · Microwave

SCALLOPED POTATOES



Potatoes can be stored at room temperature for a week. Do not refrigerate them—it converts the starch to sugar.

Prep time: 10 minutes
Cooking time: 1 hour

- 2 tablespoons butter or margarine
- 2 cups sliced onions
- ¼ teaspoon thyme
- 4 large baking potatoes, peeled
- ¼ cup chopped parsley
- ½ teaspoon *each* salt and freshly ground pepper
- ¾ cup heavy or whipping cream
- ¾ cup chicken broth
- Pinch nutmeg

Preheat oven to 350°F. Melt butter or margarine in large skillet over medium heat. Add onions and thyme; cook, stirring, until tender, about 10 minutes. (Do not brown.)

Slice potatoes in food processor; toss with parsley, salt and pepper. Heat cream, chicken broth and nutmeg in saucepan to boiling. Spread one third of the potatoes in 8-inch square baking dish. Layer with half the onions, another third of the potatoes, remaining onions, then remaining potatoes. Pour cream-broth mixture on top. Cover with foil; bake 30 minutes. Baste potatoes with cream; and bake 30 minutes more. Makes 6 servings.

Nutrition info per serving: 250 calories, 4 gm protein, 15 gm fat, 26 gm carbohydrates, 386 mg sodium, 51 mg cholesterol.

WARM NEW-POTATO SALAD



Cooking the potatoes in chicken broth adds robust flavor, and wine-colored radicchio and peppery arugula give zest to this warm side dish.

Cooking time: 15 minutes

- 1½ pounds new potatoes, sliced ¼-inch thick
- 1 can (13¾ or 14½ oz.) chicken broth
- ½ cup water

Dressing
- 1 tablespoon Dijon mustard
- 2 teaspoons white wine vinegar
- ½ teaspoon Worcestershire sauce
- 1 tablespoon minced shallots
- 1 teaspoon minced garlic
- 1 teaspoon chopped fresh thyme
- 1 teaspoon chopped fresh oregano
- 1 teaspoon dried basil
- ½ teaspoon dried marjoram
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ cup olive oil

- 1 tablespoon butter or margarine
- 1 cup sliced mushrooms
- ½ cup sliced onion
- 1 large bunch arugula or watercress, rinsed and dried
- 1 cup radicchio leaves
- 2 tablespoons Niçoise or Greek olives

Combine potatoes, chicken broth and water in large skillet over medium-high heat. Bring to boil; reduce heat and simmer covered until potatoes are fork-tender, about 10 minutes. Drain and transfer to bowl.

Dressing: Mix all ingredients except olive oil in bowl. Whisk in oil a drop at a time until combined. Set aside.

Melt butter in medium skillet over medium heat. Add mushrooms and onion and cook until translucent, about 3 minutes. Add to potatoes with dressing. Let stand 5 minutes.

Arrange arugula and radicchio leaves in bowl. Spoon potatoes on top; garnish with olives. Makes 6 servings.

Nutrition info per serving: 215 calories, 4 gm protein, 12 gm fat, 24 gm carbohydrates, 417 mg sodium, 5 mg cholesterol.

BUTTERLESS MASHED POTATOES



Yellow-fleshed potatoes, a favorite in Europe, have a rich, buttery flavor without the calories.

Prep time: 5 minutes
Cooking time: 20 to 30 minutes

- 2 pounds Yukon Gold, yellow Finnish or all-purpose potatoes, peeled
- ¾ cup low-fat milk, heated
- ¼ cup olive oil
- ½ teaspoon salt

In 2-quart saucepot bring potat
boil in salted water to cover; boil
tender, 20 to 30 minutes. Drair
remaining ingredients and mash
potato masher until smooth. M
6 servings.

Nutrition info per serving: 185 calories, 3 g
tein, 10 gm fat, 22 gm carbohydrates, 204 m
um, 2 mg cholesterol.

MINI APPLE-POTATO PANCAKES



*Tart apples add a subtle swee
without diluting the potato flavor.*

Prep time: 15 minutes
Cooking time: 2 minutes per batch

- 1 pound baking potatoes
- 1 pound green apples, peeled and cored
- ½ cup finely chopped onion
- 1 large egg, lightly beaten
- 3 tablespoons flour
- 1 teaspoon salt
- 1 cup vegetable oil

Place potatoes in 2-quart saucepot.
with water and bring to boil over
um-high heat; boil 10 minutes.
and rinse under cold water. Peel.
potatoes and apples in food proces
with hand grater. Transfer potatoe
apples to bowl; combine with onion
flour and salt.

Heat oil in large skillet over
um-high heat to 350°F. Carefully
mixture by level teaspoonfuls (ab
at a time) into hot oil. Cook until
en brown, 1 minute per side. Re
with slotted spoon and drain on
towels. Repeat with remaining p
mixture. Makes 8 dozen.

Nutrition info per pancake: 25 calories, 0 g
tein, 2 gm fat, 1 gm carbohydrates, 24 mg so
mg cholesterol.

SEA BASS IN CRISP POTATO CRUST



*Chef Daniel Boulud, of Le Cirque
taurant, in New York City, share
unique recipe—a challenge (contin*

Zingle serving.

-A-Pack cups.
idual servings
f Cheez Whiz
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HOT POTATOES
continued

to cooks of all levels. Use a mandolin to slice the potatoes; the food processor won't cut them thin enough to wrap around the fish.

Prep time: 1 hour
Cooking time: 35 minutes

- **8 tablespoons unsalted butter, divided (no substitutions)**
- **Salt and freshly ground pepper**
- **2 very large baking potatoes (each about 5 inches long, 1½ lb. total), peeled**
- **4 skinless sea bass or red snapper fillets (1½ lb. total)**
- **2 tablespoons plus 1 teaspoon olive oil**
- **½ cup chopped carrot**
- **⅓ cup minced shallots**
- **1 cup dry red wine**
- **1 bottle (8 oz.) clam juice**
- **Pinch sugar**
- **4 sprigs thyme or ½ teaspoon dried**
- **⅓ cup heavy or whipping cream**
- **1 pound leeks, trimmed, rinsed and sliced thin**

Melt 6 tablespoons butter in medium saucepan over medium heat. Skim foam; pour butter into bowl, leaving white solids in pan. Add salt and pepper to bowl. Using a mandolin or kitchen slicer at thinnest setting, slice potatoes lengthwise paper-thin. Toss immediately in bowl with butter.

Sprinkle fish with salt and pepper. Arrange 7-inch row of potato slices, long sides overlapping, on cookie sheet. Arrange another row along side first row, overlapping, to form 8x7-inch rectangle. Lay 1 fish fillet on top, centering it over the line where 2 rows overlap. To enclose fish, pick up edges of potatoes and fold over; press to seal. If potato slices pop up, cover with plastic wrap and press gently. Repeat with remaining potatoes and fish to make 3 more packets. Refrigerate until butter sets, up to 1 hour.

Meanwhile, heat 1 teaspoon olive oil in saucepan over medium heat. Add carrots and shallots; cook until softened, 5 minutes. Add wine, clam juice and thyme. Bring to boil. Increase heat to medium-high and cook until liquid is reduced to 1 cup, 25 minutes; strain, discarding solids. Return liquid to pan. Add cream and reduce to ½ cup, about 7 minutes. Remove from heat and whisk in 1 tablespoon butter. Season to taste. Keep warm.

Melt 1 tablespoon butter in large skillet over medium-low heat. Add leeks; cover and cook until soft but not brown, about 5 minutes; keep warm.

Heat 1 tablespoon oil in large nonstick large skillet over medium-high heat. Gently place 2 potato packets in pan; cook 5 minutes, pressing tops of packets with long spatula to keep potat place. With spatula, carefully tur cook until golden brown, 5 minutes Transfer to plate and keep warm. I with remaining fish.

To serve, ladle sauce on eacl dinner plates. Place fish on to garnish with leeks. Makes 4 ser

Nutrition info per serving: 760 calories, protein, 42 gm fat, 58 gm carbohydrates, sodium, 159 mg cholesterol.

POTATO LASAGNE



Potatoes stand in for noodles i twist on a classic casserole.

Prep time: 1 hour 10 minutes
Cooking time: 20 minutes

- **2 tablespoons extra-virgin olive oil**
- **1 teaspoon minced garlic**
- **1 teaspoon grated lemon peel**
- **Salt and freshly ground pepper**
- **Pinch red pepper flakes**

Aerodynamically

Note the smooth skin, the luscious curves. You'd think the potato was designed to propel itself to your plate. Pierce with fork, stash in microwave for 7 minutes, and give it a dollop of yogurt. Or slice, broil for 10, then sprinkle liberally with cheddar. Suddenly the potato is the center of attention. Faster still? Stash your peeler and rest secure in the knowledge

nds all-purpose potatoes, unpeeled, liced lengthwise ¼ inch thick
ces sweet Italian sausage, casings emoved, crumbled
finely chopped onion
kages (10 oz. each) frozen chopped kale r spinach, thawed and squeezed dry
ricotta cheese
ces mozzarella cheese, shredded
chicken broth
espoons freshly grated Parmesan cheese
eat oven to 425°F. Combine oil, , lemon peel and ½ teaspoon *each* nd pepper and the red pepper in bowl. Add potatoes, tossing to Spread potatoes evenly in jelly- an. Cover top tightly with foil ake 40 minutes.
anwhile, brown sausage in large t over medium-high heat 5 min- Remove with slotted spoon; drain aper towels. Add onion to drip- in skillet; cook until browned, 2 es. Add kale and pinch salt and r; cook 2 minutes. Remove from and stir in ricotta.
over potatoes and cool slightly. Ar- one third of the potatoes evenly in w 2-quart baking dish. Layer with he kale mixture, sausage and moz- a, then another third of the pota- nd remaining kale, sausage and rella. Pour on chicken broth. Top remaining potatoes; sprinkle with Parmesan. Bake uncovered 20 minutes. Let stand 5 minutes before serving. Makes 6 servings.

Nutrition info per serving: 445 calories, 24 gm protein, 24 gm fat, 35 gm carbohydrates, 600 mg sodium, 65 mg cholesterol.

POTATO AND HAM SKILLET TORTA



Potatoes, ham and eggs—what a great brunch or late-supper dish.

Prep time: 35 minutes
Cooking time: 20 minutes

- 6 large eggs
- ½ cup milk
- 1 tablespoon chopped fresh parsley
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ⅛ teaspoon ground red pepper
- 1 tablespoon olive oil
- 1 pound baking potatoes, peeled, cut into ¼-inch pieces
- 1 cup chopped onions
- 1 cup chopped red pepper
- ½ pound Virginia ham, cut into ½-inch pieces
- 1 teaspoon minced garlic

Preheat oven to 350°F. Whisk eggs, milk, parsley, salt and ground peppers in bowl until combined. Heat oil over medium heat in 10-inch cast-iron skillet. Add potatoes, onions and red pepper; cook, stirring frequently, until potatoes are just tender, about 15 minutes. Add ham and garlic; cook, stirring, 1 minute. Pour egg mixture into skillet; cover with foil. Bake 15 minutes; uncover and bake 5 minutes more, until firm. Makes 6 servings.

Nutrition info per serving: 250 calories, 18 gm protein, 12 gm fat, 18 gm carbohydrates, 829 mg sodium, 238 mg cholesterol.

POTATO STUFFERS



As the potatoes cook in the microwave you can prepare one of *(continued)*





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HOT POTATOES
continued

these five stuffers. For uniform cooking, select potatoes of equal size and shape.

Micro-Baked Potatoes Prick 4 medium baking potatoes with fork. Arrange in microwave oven at least 1 inch apart on paper towels. Microwave on High 13 to 14 minutes, turning and rearranging potatoes halfway through. Remove from oven. Wrap each in foil and let stand 5 to 10 minutes. Slit each potato down center and fill with desired stuffer. Makes 4 servings.

Barbecued Chicken In bowl combine ⅓ cup chili sauce, ¼ cup chicken broth, 1 tablespoon cider vinegar and 1 teaspoon dry mustard; set aside. Heat 1 tablespoon vegetable oil in large skillet over medium-high heat. Add 1 pound boneless, skinless chicken breasts, cut in ¾-inch cubes, and ¼ teaspoon salt. Cook, stirring, until chicken is golden and cooked through, 5 to 6 minutes. Transfer chicken to plate. Add 1 onion, chopped, to skillet; cook until translucent, 5 minutes. Stir in chili mixture and bring to boil. Return chicken to skillet and heat through; spoon into potatoes.

Nutrition info per serving: 405 calories, 32 gm protein, 5 gm fat, 57 gm carbohydrates, 599 mg sodium, 66 mg cholesterol.

Black-Bean and Salsa Preheat broiler. Combine 1 can (15 oz.) black beans, drained and rinsed, ⅔ cup prepared salsa, 1 link (2.5 oz.) chorizo sausage, sliced, ½ teaspoon cumin and ¼ teaspoon chili powder in saucepan over medium heat. Cook, stirring frequently, 10 minutes. Spoon into potatoes. Divide ¾ cup shredded Monterey jack cheese among potatoes. Broil 5 inches from heat until cheese is melted, 1½ to 2 minutes. Top each with 1 tablespoon sour cream. Sprinkle with 1 tablespoon chopped fresh cilantro.

Nutrition info per serving: 520 calories, 21 gm protein, 17 gm fat, 72 gm carbohydrates, 789 mg sodium, 25 mg cholesterol.

Low-Cal In bowl combine 1 cup part-skim ricotta cheese, 1 tablespoon chopped fresh dill or ½ teaspoon dried and ¼ teaspoon *each* salt and freshly ground pepper. Meanwhile, bring water to boil in saucepan with steamer rack. Reduce heat to simmer and steam 1 carrot and 1 yellow pepper, julienned, 2 minutes. Add 1 zucchini, julienned, and steam 1 minute more. Transfer vegetables to bowl and toss with 1 teaspoon fresh lemon juice and salt and pepper to taste. Spoon ¼ cup ricotta mixture into each potato. Top with steamed vegetables.

Nutrition info per serving: 325 calories, protein, 5 gm fat, 58 gm carbohydrates, sodium, 19 mg cholesterol.

Tuna Melt Preheat broiler. In bowl bine 1 can (6½ oz.) solid white tu water, drained, ¼ cup *each* ch green onion and red pepper, 1 spoon *each* mayonnaise and cream, 1 teaspoon *each* fresh juice and chopped fresh parsley, spoon salt and ¼ teaspoon fi ground pepper. Spoon into pot Top each potato with 1 slice (Cheddar cheese and 1 slice cook con. Broil 5 inches from heat 1 minutes, until cheese is melted.

Nutrition info per serving: 460 calories, protein, 16 gm fat, 52 gm carbohydrates, sodium, 56 mg cholesterol.

Shepherd's Style Melt 1 tablespoon in medium skillet over medium heat. Add 1 teaspoon minced and ½ cup chopped onion; cook translucent, 2 minutes. Add thinly sliced mushrooms and c minutes more. Add 1 pound g beef, ¼ cup chopped parsley, dried thyme and ¼ teaspoon salt. over medium-high heat until m no longer pink, 5 minutes. Re from heat; stir in ¼ cup heavy c and cook 1 minute more.

Meanwhile, preheat broiler. D slit potatoes; cut tops off lengt and scoop out insides into me bowl, leaving ½-inch shells. Add blespoons butter, 2 tablespoons cream, and ½ teaspoon *each* sal pepper to bowl and mash until sm with potato masher.

Spoon beef mixture evenly shells and top with equal am mashed potatoes. Place on ba sheet and broil 5 inches from h minutes or until tops are golden.

Nutrition info per serving: 690 calories, protein, 42 gm fat, 54 gm carbohydrates, sodium, 130 mg cholesterol.

RED, WHITE AND BLUE POTATOES WITH WORKS

pictured on pages 138–139

Yes, potatoes come in colors. Red beige-skinned ones with white fles the most common. Potatoes with (or purple) skin and flesh can be in specialty produce markets.

Prep time: 30 minutes
Microwave time: 15 minutes

36 assorted small potatoes (about 2 lb.) (purple, red bliss, yellow waxy)
2 tablespoons water
Suggested Toppings: 6 slices bacon, co and crumbled; ½ cup sour cream; finely chopped green onions; ¼ cup whipped butter; ¼ cup chopped fre mint; ¼ cup chopped fresh *(conti*

SPICE RACK



Want to give your meat loaf an instant Italian flair? How about a quick way to spice up your chicken Mexican style? *Del Monte*® Stewed Tomatoes are the answer. All five flavors are made with sun-ripened California tomatoes and all the delicious spices and vegetables you need to turn everyday meals into something special. Turn the page for great clip and save recipes and a money saving coupon. Then put the spice rack to work.

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WE GROW GREAT TASTE Del Monte



SANTA FE CHICKEN

2½ lbs. chicken pieces, skinned (breasts, thighs and legs)
1 Tbsp. oil
½ tsp. cumin
1 clove garlic, crushed
1 can (8 oz.) *Del Monte*® Tomato Sauce
1 can (14½ oz.) *Del Monte* Mexican Style Stewed Tomatoes
1 can (4 oz.) diced green chiles
2 zucchini, sliced

In large skillet, brown chicken in oil, 10 to 15 minutes; drain. Salt and pepper to taste, if desired. Stir cumin and garlic into tomato sauce; pour over chicken. Add remaining ingredients. Cover and simmer 10 minutes. Uncover and cook on high 10 minutes or until chicken is done. Serve with hot cooked rice, if desired. 4 to 6 servings.

Preparation time: 5 minutes
Cook time: 35 minutes





ITALIAN STYLE MEAT LOAF

1 lb. lean ground beef
6 oz. hot Italian sausage or spicy bul sausage
1 can (14½ oz.) *Del Monte*® Italian Sty Stewed Tomatoes
1 cup bread crumbs
½ cup chopped onion
½ cup chopped green pepper
1 egg, beaten

In large bowl, combine all ingredien mix well. Place in 4½ x 8-inch loaf pan. Bake at 375° F, 1 hour; drain. 6 servings.

Preparation time: 10 minutes
Cook time: 1 hour



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EXPIRES MARCH 31, ■■■

WE GROW SAVINGS Del Monte

973 271

5 24000 23020 0



FRENCH COUNTRY-STYLE BEEF STEW

1½ lbs. stew beef, cut in 1-inch cube
¼ cup flour
2 Tbsp. oil
2 cans (14½ oz. each) *Del Monte*® Original Style Stewed Tomatoes
1 can (13¾ fl. oz.) beef broth
4 medium carrots, pared, cut in 1-in chunks
2 medium potatoes, pared, cut in 1-in chunks
¾ tsp. thyme
2 Tbsp. Dijon mustard (optional)

Combine meat and flour in plastic b toss to coat evenly. In 6-quart pot, brown meat in oil. Salt and pepper to taste. Add remaining ingredients, except mustard. Bring to boil; reduce heat. Cover and simmer 1 hour or until beef is tender. Ble in mustard. Garnish with chopped parsle and serve with crusty French bread. 6 to 8 servings.

Preparation time: 10 minutes
Cook time: 1 hour



OT POTATOES

ntinued

chives; ½ cup (2 oz.) crumbled blue cheese
and dry potatoes; prick with
Place in microwaveproof 13x9-
dish with water. Cover with wax
. Microwave on High 10 minutes,
ng once. Let stand 5 minutes.
e as an appetizer with any or all of
uggested toppings.

on info per serving: With 1 teaspoon sour
30 calories, 1 gm protein, 1 gm fat, 5 gm
ydrates, 4 mg sodium, 2 mg cholesterol.

ES

red on pages 140–141

could be better than meat and potatoes with a Tex-Mex twist? Potato shells are filled with grilled flank steak and topped with zesty condiments.

Prep time: 15 minutes ○Ⓜ
Cooking time: 10 minutes

- **2 tablespoons vegetable oil**
- **½ teaspoon salt**
- **½ teaspoon freshly ground pepper**
- **½ teaspoon cumin**
- **1 small flank steak (1-1¼ lb.)**
- **4 microwave-baked potatoes (page 146)**
- **Condiments: ½ cup salsa; ½ cup sour cream; 1 avocado, diced; ½ cup chopped red onion; ¼ cup chopped fresh cilantro**

Prepare grill or preheat broiler and broiler pan. Combine oil, salt, pepper and cumin in bowl. Brush meat with half the oil mixture. Grill or broil 4 inches from heat 2 to 4 minutes per side for medium-rare. Cover loosely with foil; let stand 10 minutes.

Meanwhile, slice potatoes in half lengthwise. Scoop out insides (reserve flesh for another use), leaving ⅜-inch-thick shell; brush with remaining oil mixture. Grill or broil, cut side facing heat, 3 to 5 minutes, until browned. Slice meat diagonally across the grain. Spoon into potatoes. Serve with condiments. Makes 4 servings.

Nutrition info per serving: 530 calories, 29 gm protein, 36 gm fat, 23 gm carbohydrates, 562 mg sodium, 81 mg cholesterol. ■

Recipes developed by Carol Prager, Kathy Jackette, Lisa Brainerd and Julia Pemberton.



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CURRIED SHRIMP POTPIE

The flaky crust is just a few sheets of delicate phyllo. You can find it in the refrigerator section of the supermarket.

Total prep time: 20 minutes ◒ Ⓜ

- 4 tablespoons butter or margarine, divided
- 6 sheets phyllo dough, cut into 12x7-inch pieces
- 1 bag (12 oz.) frozen peeled medium shrimp, thawed
- 2 teaspoons curry powder
- 1 teaspoon cumin
- 1 medium onion, sliced thin
- 1 garlic clove, sliced thin
- 1 tablespoon flour
- ½ cup chicken broth
- 1 cup small cauliflower florets
- 1 cup chick-peas (garbanzo beans), drained and rinsed
- ½ cup frozen green peas, thawed
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

Preheat oven to 425°F. Melt 2 tablespoons butter in microwaveproof cup on High 1 minute. Lightly brush cookie sheet with butter. Brush each phyllo sheet with remaining butter and stack evenly on cookie sheet to form crust. With sharp knife, cut a 4-inch "x" in center of crust. Fold back cut phyllo one layer at a time onto uncut area to form opening in center. Bake 4 minutes or until golden. Transfer to wire rack.

Meanwhile, *(continued)*

Big Raves

With Easy Little Cheese Cakes.*







MINI-CHEESECAKES

(Makes 12)

12 vanilla wafers
2 8 oz. packages cream cheese, softened
½ c. sugar
1 tsp. vanilla
2 eggs

Line muffin tin with foil liners.

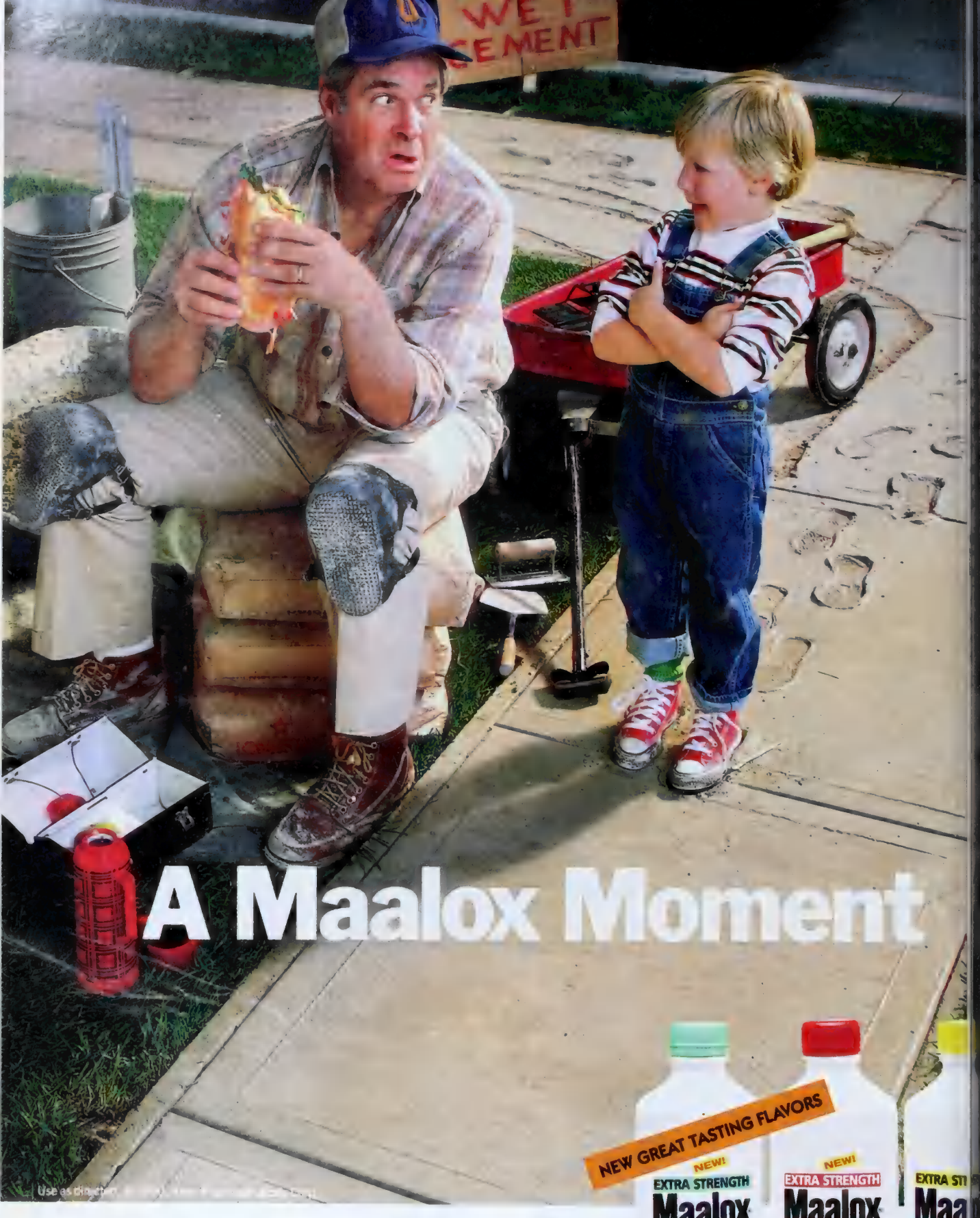
Place one vanilla wafer in each liner. ◊ Mix cream cheese, vanilla and sugar on medium speed until well-blended. ◊ Add eggs. Mix well. Pour over wafers, filling ¾ full. Bake 25 min. at 325°.

Remove from pan when cool. ◊ Chill. ◊ Top with fruit, preserves, nuts or chocolate. ◊ Be creative!

*Actual size is cupcake size.

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tional Dairy Board
lational Dairy Board 1989

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ASSEROLES
ntinued

shrimp in shallow microwave- 12x7-inch casserole; cover with paper. Microwave on High 3 min- or until shrimp is opaque, stirring Drain shrimp in colander. In casserole melt remaining 2 ta- oons butter with the curry and n uncovered on High 1 minute. in onion, garlic and flour. Micro- on High 1 minute more. Stir in en broth, then add cauliflower. r and microwave 4 minutes, stir- once, until cauliflower is just er. Stir in drained shrimp, chick- peas, salt and pepper. Microwave ed 2 minutes more, until hot. Top role with crust and serve immedi-. Serve with Tri-Pepper Salad amico (recipe follows). Makes 4 ngs.

on info per serving: 400 calories, 26 gm , 15 gm fat, 42 gm carbohydrates, 854 mg , 160 mg cholesterol.

EPPER SALAD BALSAMICO

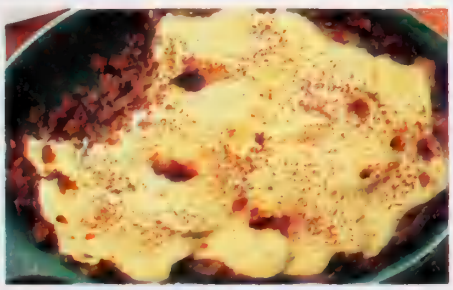
prep time: 15 minutes ○

lespoon balsamic vinegar
lespoon chopped shallots
aspoon salt
aspoon freshly ground pepper
1 tablespoon extra-virgin olive oil
2 red peppers, julienned
1 *each* green and yellow pepper, julienned

Combine vinegar, shallots, salt and pepper in small bowl. Whisk in oil a drop at a time. Toss with peppers. Makes 4 servings.

Nutrition info per serving: 50 calories, 1 gm protein, 4 gm fat, 5 gm carbohydrates, 276 mg sodium, 0 mg cholesterol.

MICRO-BAKE MOUSSAKA



To complete this casserole in twenty minutes, broil eggplant slices in the conventional oven while the ground beef cooks in the microwave.

Total prep time: 20 minutes ○Ⓜ

1 pound eggplant, sliced ¼-inch thick
1 tablespoon olive oil
Salt and freshly ground pepper
1 pound lean ground beef
1 large onion, chopped
1 large garlic clove, minced
⅛ teaspoon cinnamon
2 tablespoons water
1 tablespoon tomato paste
2 tablespoons chopped fresh parsley
1 container (8 oz.) sour cream
1 large egg yolk
3 tablespoons freshly grated Parmesan cheese
Pinch nutmeg

Preheat broiler and broiler pan. Brush eggplant with oil and sprinkle with salt and pepper. Arrange eggplant on pan; broil 4 inches from heat 4 to 5 minutes per side, until browned. Meanwhile, combine ground beef, onion, garlic and ½ teaspoon salt, ¼ teaspoon pepper and the cinnamon in microwaveproof bowl. Microwave uncovered on High 3 minutes; stir. Microwave 2 to 3 minutes more, until meat is no longer pink. Pour off drippings. Add water, tomato paste and parsley.

Combine sour cream, egg yolk and Parmesan in small bowl. Grease shallow microwave- and ovenproof 1½-quart casserole. Layer half the eggplant in dish, then meat mixture and remaining eggplant. Spread top with sour-cream mixture; sprinkle with nutmeg. Cover and *(continued)*

Mrs. Watson Of Washbasin, Wyoming Added Durkee French Fried Onions To Her Green Bean Casserole And Asked Her Family To Judge The Difference.





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Heinz

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CASSEROLES
continued

microwave on High 4 minutes. Broil 4 inches from source about 2 minutes or until top is browned an Serve with Cucumber Salad (recipe follows). Makes 6 ings.

Nutrition info per serving: 305 calories, 18 gm protein, 22 gm fat carbohydrates, 135 mg sodium, 98 mg cholesterol.

CUCUMBER SALAD

Total prep time: 10 minutes

- 1 European cucumber
- 2 tablespoons white wine vinegar
- 1 tablespoon vegetable oil
- 1 tablespoon chopped fresh parsley
- ½ teaspoon dried mint
- ¼ teaspoon *each* salt and freshly ground pepper
- ¼ cup chopped green onions

Slice cucumber in food processor. Whisk vinegar, oil, ley, mint, salt and pepper in large bowl until smooth cucumber and green onions; toss to coat. Makes 6 serv

Nutrition info per serving: 45 calories, 0 gm protein, 5 gm fat, 1 gm c drates, 91 mg sodium, 0 mg cholesterol.

NEW-WAVE MAC AND CHEESE



You can find fresh tortellini in the refrigerated section c supermarket. Fresh pasta cooks faster than dried, so walk away from the pot.

Total prep time: 20 minutes

- 1 pound fresh cheese-filled tortellini
- 2 tablespoons butter or margarine
- 2 tablespoons flour
- 1¾ cups milk
- 1 garlic clove, crushed
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- Pinch ground red pepper
- ¾ cup shredded sharp Cheddar cheese, divided
- 2 tablespoons freshly grated Parmesan cheese
- 2 tablespoons chopped fresh parsley
- 1 tablespoon plain dry bread crumbs

Preheat broiler. Cook tortellini according to package d tions. Drain.

Meanwhile, melt butter or margarine in saucepan medium heat. Whisk in flour and cook until smooth bubbly, about 1 minute. Gradually whisk in milk, then garlic, salt and peppers. Cook, stirring constantly, u thickened and just beginning to boil. Reduce heat simmer 2 minutes. Remove from heat; stir in ½ cup Cl dar and the Parmesan cheese. Discard garlic. Stir in to lini and parsley until well mixed.

ansfer to shallow 1½-quart casse-
In small bowl combine remaining
ıp Cheddar and the bread crumbs;
nkle on top of casserole. Broil 4
es from heat source 1 to 2 minutes,
l topping is golden. Serve with
nchy Salad (recipe follows). Makes
rvings.

ion info per serving: 575 calories, 30 gm
n, 23 gm fat, 63 gm carbohydrates, 954 mg
n, 118 mg cholesterol.

ICHY SALAD

prep time: 15 minutes ○

ablespoons olive oil
easpoons red wine vinegar
easpoon Dijon mustard
easpoon minced garlic
easpoon salt
easpoon freshly ground pepper
:ups sliced romaine lettuce
:ups red cabbage, sliced thin
adishes, sliced thin
trips bacon, cooked and crumbled

sk oil, vinegar, mustard, garlic,
and pepper together in large bowl
l smooth. Add romaine, cabbage
radishes. Toss until combined.
nkle with bacon. Makes 4 serv-
.

tion info per serving: 105 calories, 3 gm pro-
9 gm fat, 4 gm carbohydrates, 257 mg sodium,
cholesterol.

CHICKEN COUSCOUS CASSEROLE



Buy the quick-cooking couscous, which takes just five minutes.

Total prep time: 20 minutes ○Ⓜ

1 cup quick-cooking couscous
1 tablespoon soy sauce
1 medium zucchini, diced
½ red pepper, diced
1 tablespoon butter or margarine
1 tablespoon minced fresh ginger
1 garlic clove, minced
⅛ teaspoon ground red pepper
1 pound boneless, skinless chicken breasts, cubed
¼ cup white wine
¼ cup chicken broth
⅓ cup chopped water chestnuts
2 green onions, sliced diagonally

Prepare couscous according to package directions. Add soy sauce to the water.

Place zucchini and pepper in 2-quart microwaveproof casserole; cover and microwave on High 3 minutes.

Melt butter in medium skillet over high heat. Add ginger, garlic and ground red pepper; cook, stirring, 30 seconds. Add chicken and continue cooking, stirring, until browned, 2 to 3 minutes. Stir in wine and broth and boil 2 minutes. Stir couscous, chicken and water chestnuts into vegetables in casserole; cover and microwave on High 1 minute. Sprinkle with green onions. Serve with Spicy Cabbage Salad (recipe follows). Makes 4 servings.

Nutrition info per serving: 295 calories, 31 gm protein, 5 gm fat, 31 gm carbohydrates, 441 mg sodium, 74 mg cholesterol.

SPICY CABBAGE SALAD

Total prep time: 10 minutes ○

1 tablespoon distilled white vinegar
½ teaspoon minced fresh ginger
¼ teaspoon salt
¼ teaspoon freshly ground pepper
¼ teaspoon minced garlic
Pinch ground red pepper
1 tablespoon olive oil
4 cups finely shredded cabbage
2 green onions, sliced

Whisk vinegar, ginger, salt, pepper, garlic, red pepper and oil together in large bowl. Add cabbage and green onions; toss well. Makes 4 servings.

Nutrition info per serving: 50 calories, 1 gm protein, 4 gm fat, 5 gm carbohydrates, 148 mg sodium, 0 mg cholesterol.

(continued)

Mrs. Watson's Durkee Green Bean Casserole

2 pkgs. (9 oz. *each*) frozen cut green beans, thawed
¾ C. milk
1 can (10¾ oz.) condensed cream of mushroom soup
⅛ tsp. Durkee Black Pepper
1 can (2.8 oz.) Durkee French Fried Onions



- Combine all ingredients *except ½ can* French Fried Onions.
- Pour into 1½-qt. casserole. Bake, uncovered, at 350°F for 30 min. or until heated.
- Top with remaining onions; bake, uncovered, 5 min. or until onions are golden. Makes 6 servings.

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On your next plate of spaghetti, try a can of Hormel Chili No Beans. It's a great way to spice up your Italian.

Hormel

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Cover and microwave on High 2 minutes. Drain in c
der. Add 1 tablespoon olive oil and the onion, celer
sage to casserole; microwave covered on High 4 min
Stir in garlic, prosciutto, beans, tomatoes with their
pepper, 2 tablespoons bread crumbs, and the
Microwave covered on High 3 minutes more; stir a
Sprinkle with remaining 2 tablespoons bread crumb
drizzle with remaining 1 tablespoon olive oil. Br
inches from heat source about 2 minutes or
browned. Serve with Pink Grapefruit and Endive S
(recipe follows). Makes 6 servings.

Nutrition info per serving: 245 calories, 11 gm protein, 8 gm fat, carbohydrates, 976 mg sodium, 11 mg cholesterol.

PINK GRAPEFRUIT AND ENDIVE SALAD

Total prep time: 10 minutes

- 1 bunch watercress
- 2 heads endive
- 2 pink grapefruit, peeled and sectioned
- 1 shallot, minced
- 2 teaspoons red wine vinegar
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 2 tablespoons olive oil

Arrange watercress and endive on serving dish. I
grapefruit sections on top and sprinkle with sha
Whisk vinegar, salt, pepper and oil together; drizzl
top. Makes 6 servings.

Nutrition info per serving: 70 calories, 1 gm protein, 5 gm fat, carbohydrates, 103 mg sodium, 0 mg cholesterol.

Recipes developed by Carol Prager, Kathy Jackette Lisa Brainerd.

■ CASSEROLES
continued

HEARTY TUSCAN BEAN CASSEROLE



Prosciutto ham, the pride of Italy, is usually sliced paper-thin. Ask the butcher to slice it ⅛-inch thick for this dish.

Total prep time: 20 minutes ◯Ⓜ

- 3 cups shredded fresh kale
- 2 tablespoons olive oil, divided
- 1 onion, chopped
- 1 celery rib, chopped
- ½ teaspoon sage
- 1 garlic clove, minced
- ¼ pound sliced prosciutto ham, sliced ⅛-inch thick, then cut into strips
- 2 cans (19 oz. each) cannellini beans, drained and rinsed
- 1 can (14 oz.) tomatoes, chopped
- ¼ teaspoon freshly ground pepper
- 4 tablespoons plain dry bread crumbs, divided

Preheat broiler. Rinse kale and place with water clinging to its leaves in shallow microwaveproof 2-quart casserole.

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By Elaine González

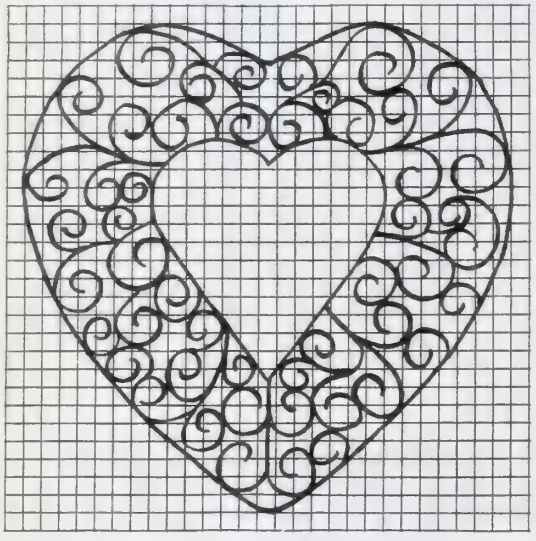
SWEET NOTHINGS

Isn't it romantic? Chocolate is the most delicious way to lure Cupid during the month d'amour, so indulge your valentine with our homemade treat: a delicate heart-shaped chocolate box brimming with chocolaty treasures. From the Journal with love and kisses

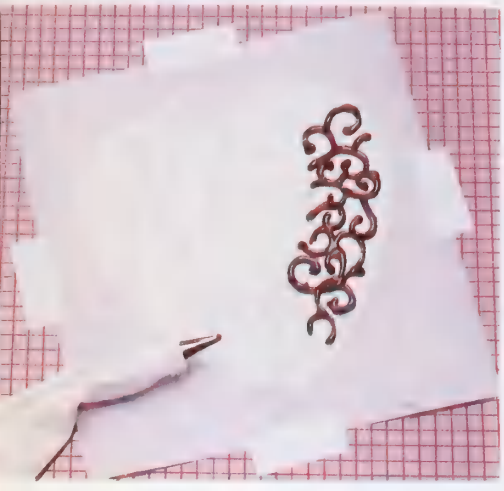
Photos, Katrina; prop stylist, Jane Panico; food stylist, Deborah Mintcheff.



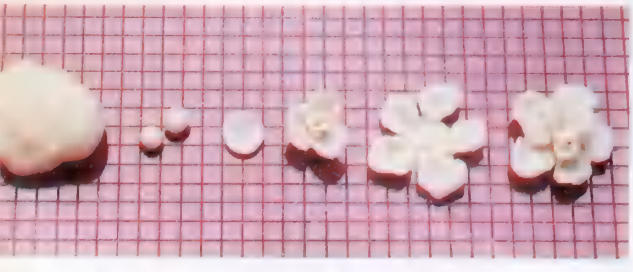
Tilt and swirl pan to coat bottom and sides of heart evenly with chocolate



Enlarge pattern to measure 1 inch larger than top of your heart pan (1 square = ¼ inch)



Holding pastry bag at a 45° angle, pipe filigree pattern onto wax paper



For best results, knead the clay just until smooth and pliable, but not too soft

This edible valentine is sure to thrill the chocolate lover in your life. You can complete it in under three hours.

Many chocolate projects require preparations known as tempering to improve workability. But this box is made with coating chocolate (also called summer coating, almond bark or melting wafers), which is ready to use. Before you begin, be sure that your kitchen is cool and set out wax paper, cookie sheets, heart pan, double boiler, pastry bag with tip and spatulas. Once the box is assembled, store in a cool, dry place (do not refrigerate).

VALENTINE BOX

Prep time: 1 hour plus drying

22 ounces chocolate melting wafers or chocolate-flavored coating

Shell: Melt 8 ounces chocolate in top of double boiler over hot, not simmering, water, until smooth. Pour chocolate into center of a dry 7x1½-inch heart-shaped cake pan. Tilt and swirl to coat sides and bottom of pan. Let excess chocolate settle to bottom of pan. Refrigerate only until chocolate loses its wet appearance, about 5 minutes. (Do not overchill, or shell will crack.)

Melt 4 more ounces chocolate as directed above. With small metal spatula, apply a thin coat of chocolate to sides, one small area at a time. (Keep edge of mold clean.) Reserve remaining chocolate and refrigerate mold until surface is just dry, 5 minutes.

Repeat coating sides, adding 3 more layers, until chocolate is used up and sides are about ¼-inch thick. Refrigerate 15 minutes to set completely. Invert mold onto cookie sheet; press bottom of pan gently to release shell. Carefully turn shell right side up.

Lid: Enlarge pattern onto a sheet of paper. Tape pattern onto a cookie sheet, then tape a sheet of wax paper over it. Melt remaining 10 ounces chocolate as directed above. Fill a pastry bag fitted with 3/32-inch (#4) plain tip with half the chocolate. Position tip at 45° angle to surface of pattern. Outline the inner and outer hearts and pipe over the pattern with a thick line of chocolate. Let dry 5 minutes. Repeat, piping 2 more chocolate layers over pattern. Refrigerate again until dry, about 10 minutes.

Fill pastry bag with remaining chocolate. Invert lid onto another sheet of wax paper. Peel off top paper. over the pattern with chocolate t more. Let dry 10 minutes. Invert r side up. Attach gardenias and ch late leaves (instructions follow) to of lid as directed. Let dry. Fill h with dipped fruit. Top with lid.

WHITE GARDENIAS

Prep time: 30 minutes plus drying

5 ounces white chocolate melting wafers
2 tablespoons light corn syrup

Clay: Melt chocolate as directed. move from heat; stir in corn syrup til blended. Pour onto wax paper spread ½-inch thick. Let dry 1 hou

Large Gardenias: Work one quarte the clay until smooth and plia Pinch off 10 pea-size pieces and into smooth balls. Holding a ball tween thumb and index finger, p top half down to form a flat petal. (I tom portion should be thicker t top.) Pinch thin edges of 2 petals curl slightly. With petals facing e other, wrap one around the othe form a bud, pressing bottoms to sec Curl back the top edge of each peta

Pinch bottom of each of the 8 maining petals (this will cause the als to curve), then curl back each side edge. Gently press 3 curved pe around bud so their tops are level w the top of the bud; pinch excess c from bottom. Attach bud with sm amount melted chocolate (from dipp fruit) to edge of lid as shown. Att the thick edges of remaining 5 pe around the bud with chocolate.

Repeat process for second large g denia. Repeat process for 3 small g denias, using 5 petals each. For 1 m bud, repeat process using 3 petals.

LEAVES AND DIPPED FRUI

Prep time: 15 minutes plus drying

5 ounces chocolate melting wafers
8 nontoxic flower leaves, such as rose, lemo and magnolia (available through florist
12 whole strawberries
10 dried apricot halves
6 dried pineapple wedges

Melt chocolate as directed. Line a co ie sheet with wax paper.

Leaves: Brush the back side of ea flower leaf with a thin layer of mel chocolate. Place on prepared coo sheet and refrigerate until dry, abou minutes. Peel away each leaf. Atta chocolate leaves to gardenias with dab of melted chocolate. Let dry.

Dipped Fruit: Dip fruits in chocola Arrange on cookie sheet and refrig ate about 10 minutes.

Elaine González is the author of "Ch olate Artistry" (Contemporary, 1983)

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PRESIDENT NIXON'S CHICKEN WITH MACADAMIA NUTS AND STIR-FRIED VEGETABLES

"On Sunday nights, President Nixon would eat light, and one of his frequent requests was this recipe."

Prep time: 40 minutes
Cooking time: 13 minutes

- 2 boneless, skinless chicken breasts, split (4 oz. each)
- 2 ounces Gruyère cheese, cut into four thin 1-inch slices
- ¼ teaspoon salt
- ¼ teaspoon ground white pepper
- ½ cup all-purpose flour
- 2 large eggs, lightly beaten
- 4 ounces (1 cup) macadamia nuts, ground fine
- 3 tablespoons butter or margarine
- Fresh parsley sprigs, for garnish
- Stir-Fried Vegetables (recipe follows)

Remove small filet from each chicken breast. Place filets between 2 sheets wax paper and pound gently with meat mallet. With sharp knife, slit lengthwise along center of each breast to make a pocket. (Be careful not to pierce through.) Insert 1 cheese slice in each pocket. Place 1 filet on cheese and season with salt and pepper. Dip each stuffed breast into flour, then egg mixture. Roll in ground nuts. Let stand 5 minutes.

elt butter over medium heat in let. Add breasts cut side down and until golden, 6 minutes. Turn, r and cook over medium-low heat l tender, 6 to 7 minutes more. o serve, transfer to platter; arrange etables in center and garnish with h parsley. Makes 4 servings.

ion info per serving: 555 calories, 38 gm n, 38 gm fat, 16 gm carbohydrates, 377 mg n, 211 mg cholesterol.

-FRIED VEGETABLES

time: 15 minutes
ng time: 3 minutes

blespoon vegetable oil
nall carrots, julienned
fine .
nall ed pepper, julienned
p bean sprouts
p julienned mushrooms
p (4 oz.) julienned snow peas
aspoon salt
aspoon ground white pepper
ice of ½ lemon

t oil in large skillet over medium- heat. Add vegetables and sauté 3 utes. Season with salt, pepper and on juice. Makes 4 servings.

ion info per serving: 75 calories, 2 gm protein, fat, 9 gm carbohydrates, 149 mg sodium, cholesterol.

AMY CARTER'S PEANUT COOKIES

"We always had a cookie jar in the Carters' kitchen. Amy liked to help herself to a cookie once in a while, as the whole family did."

Prep time: 40 to 45 minutes
Baking time: 9 to 11 minutes per batch

1¾ cups salted, roasted peanuts, divided
1½ cups all-purpose flour
½ teaspoon baking soda
½ cup butter or margarine, softened
¾ cup firmly packed brown sugar
¾ cup granulated sugar
1 large egg
1 tablespoon water
½ teaspoon vanilla extract

Preheat oven to 375°F. Grease 3 cookie sheets. Finely chop 1¼ cups peanuts in food processor.

Combine flour and soda in bowl. Beat butter and sugars until light. Add chopped peanuts, egg, water and vanilla; beat until smooth. Stir in flour mixture.

With floured hands, roll dough into 1-inch balls and place on prepared cookie sheets. With bottom of floured glass, flatten balls to ⅜-inch thick. Coarsely chop remaining ½ cup peanuts and press some nuts onto center of each cookie. Bake 9 to 11 minutes, until golden brown. Cool on wire rack. Makes about 6 dozen.

Nutrition info per cookie: 60 calories, 1 gm protein, 3 gm fat, 7 gm carbohydrates, 35 mg sodium, 6 mg cholesterol.

PRESIDENT REAGAN'S GUACAMOLE

"President Reagan was fond of avocados. I used this recipe when the Reagans invited favorite guests."

Total prep time: 25 minutes

4 ripe California avocados
½ cup finely chopped white onion
¼ cup chopped fresh cilantro
2 tablespoons minced jalapeño chilies
2 tablespoons olive oil
2 tablespoons fresh lime juice
1 tablespoon fresh lemon juice
½ teaspoon salt
¼ teaspoon red pepper sauce
2 tomatoes, peeled, seeded and diced
4 green onions, white part only, minced
Cilantro sprigs, for garnish
Tortilla chips

Mash avocados in large bowl. Stir in next 8 ingredients. Transfer to serving bowl and refrigerate. Just before serving, sprinkle with tomatoes, green onions and cilantro sprigs. Serve with tortilla chips. Makes 4½ cups.

Nutrition info per ¼ cup: 90 calories, 1 gm protein, 8 gm fat, 5 gm carbohydrates, 69 mg sodium, 0 mg cholesterol. ■



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Journal Shopping Cent

BEAUTY AND FASHION JOURNAL
Page 29: Top—blouse and vest, Go Silk for L'Zinger; ea Showroom Seven. Bottom—sweater, Victoria's Secret; ea Fragments.
Page 30: Top—hat, Hat Attack; loafers, Cole Haan; ring shon Mishon. Middle left—hosiery, Hue; bracelet and Robert Lee Morris. Middle right—belt, Johnny Farah; Ellen Tracy; earrings, Fragments.
DIANA'S DARLINGS
Pages 108-109: Photos, clockwise from top left: Hinkes era Press/Globe, T. Graham/Sygma, Outline, T. Graham/S Glenn Harvey/Stills/Retna, Chancellor/Alpha/Globe, Sipa De Keerle-Parker/Gamma-Liaison,De Keerle-Parker/Gam aison, T. Graham/Sygma.
THE GREAT WHITE WAY
Pages 130-131: Left—ring, Terry Rodgers Vintage Je Right—bracelets, Terry Rodgers Vintage Jewelry.
Pages 132-133: Left—ring, Mishon Mishon. Right- Ralph Lauren; gloves, LaCrasia.
Pages 134-135: Left—bracelet, Ben-Amun; gloves, Mau zon; hoisery, Christian Dior; earrings, Monet. Right—scarf cale; gloves, Portolano; bracelet, Mishon Mishon; bag, La gerie; earrings, Mishon Mishon; beret, J. Crew.
THIS IS NOT YOUR MOTHER'S CASSEROLE
Page 150: Painted backgrounds for all casseroles, Umanoff. Napkin, Liz Wain, Barneys New York, 106 Se Ave., NYC 10011.
Page 154: Freeform casserole, Judith Weber, Fast Forwar Fifth Ave., NYC 10036.
Page 155: Right—round casserole, Page Thorbeck Studios Forward.

recipe index

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

DESSERTS
Amy Carter's Peanut Cookies p. 163
Mini-Cheesecakes p. 151
The Ultimate Chocolate Chip Cookies p. 106

ENTREES
Campbell's Classic Glorified Chicken p. 6
Chicken Couscous Casserole p. 155
*Curried Shrimp Potpie p. 150
*Fajitoes p. 149
Filet Mignon with Madeira Sauce p. 92
*Hearty Tuscan Bean Casserole p. 156
*Micro-Baked Moussaka p. 153
Mini Apple-Potato Pancakes p. 142
New-Wave Mac and Cheese p. 154
Potato and Ham Skillet Torta p. 145
Potato Lasagne p. 144
*Potato Stuffers p. 145
President Nixon's Chicken Breast with Macadamia Nuts and Stir-Frie Vegetables p. 162
*Red, White and Blue Potatoes with the Works p. 146
Sea Bass in Crisp Potato Crust p. 142
The Vlasic Boy-Oh-Boy Sandwich p. 171
The Vlasic Plump Pocket Turkey Sandwich p. 171

MISCELLANEOUS
Del Monte Tomatoes recipe cards pp. 147-8
President Reagan's Guacamole p. 163
Steak Soup p. 164
Valentine Box p. 160

SALADS AND SIDE DISHES
Butterless Mashed Potatoes p. 142
Crunchy Salad p. 155
Cucumber Salad p. 154
*Microwave Vegetable Bouquet p. 92
Pink Grapefruit and Endive Salad p. 156
Mrs. Watson's Durkee Green Bean Casserole p. 155
Quick Corn Mazatlan p. 102
Scalloped Potatoes p. 142
Spicy Cabbage Salad p. 155
Tri-Pepper Salad Balsamico p. 153
Warm New-Potato Salad p. 142

INSIDE THE JOURNAL KITCHEN

You asked for it

Dear LHJ:
With your help I would like to obtain the recipe for the best steak soup, which my husband and I enjoyed at Dierdorf & Hart's, in St. Louis. The entire meal was terrific, but the soup was truly unique.

Julie M. Nichols
Winnebago, IL

Souped up

This simple, hearty soup will add warmth to the last days of winter. Brown 1 pound ground beef in medium saucepan over medium-high heat 5 minutes. With slotted spoon transfer to plate and set aside.

Add 1 tablespoon vegetable oil to saucepan, then 1 cup thinly sliced carrots, ½ cup chopped onion and ½ cup thinly sliced celery. Cover and cook until vegetables are softened, about 5 minutes. Stir in 2 tablespoons flour and co minute more. Gradually add 1 can (13¾ or oz.) beef broth, 1 can (14 oz.) Italian tomat chopped, with juice, 1 cup water, 1 teasp Worcestershire sauce, and ½ teaspoon *each* and freshly ground pepper. Return browned to soup and bring to boil. Reduce heat simmer 25 minutes. Stir in ½ cup frozen g peas and 2 tablespoons chopped fresh pa and simmer 5 minutes more. Makes 6 cups.

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that
ver happened to
a potato



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CHEDDAR TOPPING

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1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
1 cup finely shredded Cheddar cheese
1/4 tsp hot pepper sauce (optional)

Combine all ingredients. Serve over baked potatoes. Makes about 1 1/2 cups.

CHEDDAR BACON TOPPING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
1/2 cup shredded Cheddar cheese
1/4 cup crumbled cooked bacon or bacon bits

Combine all ingredients. Serve over baked potatoes. Makes about 1 1/4 cups.

BACON TOPPING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
1/4 cup crumbled cooked bacon or bacon bits

Combine ingredients. Serve over baked potatoes. Makes about 1 cup.

MEXICAN TOPPING

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1/2 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
1/2 cup prepared salsa, drained
1/2 cup shredded Cheddar cheese
1/2 cup refried beans

Combine all ingredients. Serve over baked potatoes. Makes about 1 2/3 cups.

GREEN ONION TOPPING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
1/4 cup sliced green onion

Combine ingredients. Serve over baked potatoes. Makes about 1 cup.

SOUTHWEST TOPPING

1/2 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
1 cup diced ham
1/4 cup diced green pepper
1/4 cup chopped tomato

Combine all ingredients. Serve over baked potatoes. Makes about 1 1/2 cups.

PIZZA TOPPING

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2/3 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
1/2 cup finely chopped pepperoni
1/4 cup shredded mozzarella cheese
1/4 cup grated Parmesan cheese
3 Tbsp prepared pizza sauce

Combine all ingredients. Serve over baked potatoes. Makes about 1 1/3 cups.

PARMESAN CHEESE TOPPING

1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
1/2 cup grated Parmesan cheese

Combine ingredients. Serve over baked potatoes. Makes about 1 1/4 cups.

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1 cup BEST FOODS Real, Light or Cholesterol Free Reduced Calorie Mayonnaise
1 pkg (10 oz) frozen chopped broccoli, thawed in microwave or under hot running water, drained
1 cup shredded Cheddar cheese

Combine ingredients. Serve over baked potatoes. Makes about 2 1/4 cups.

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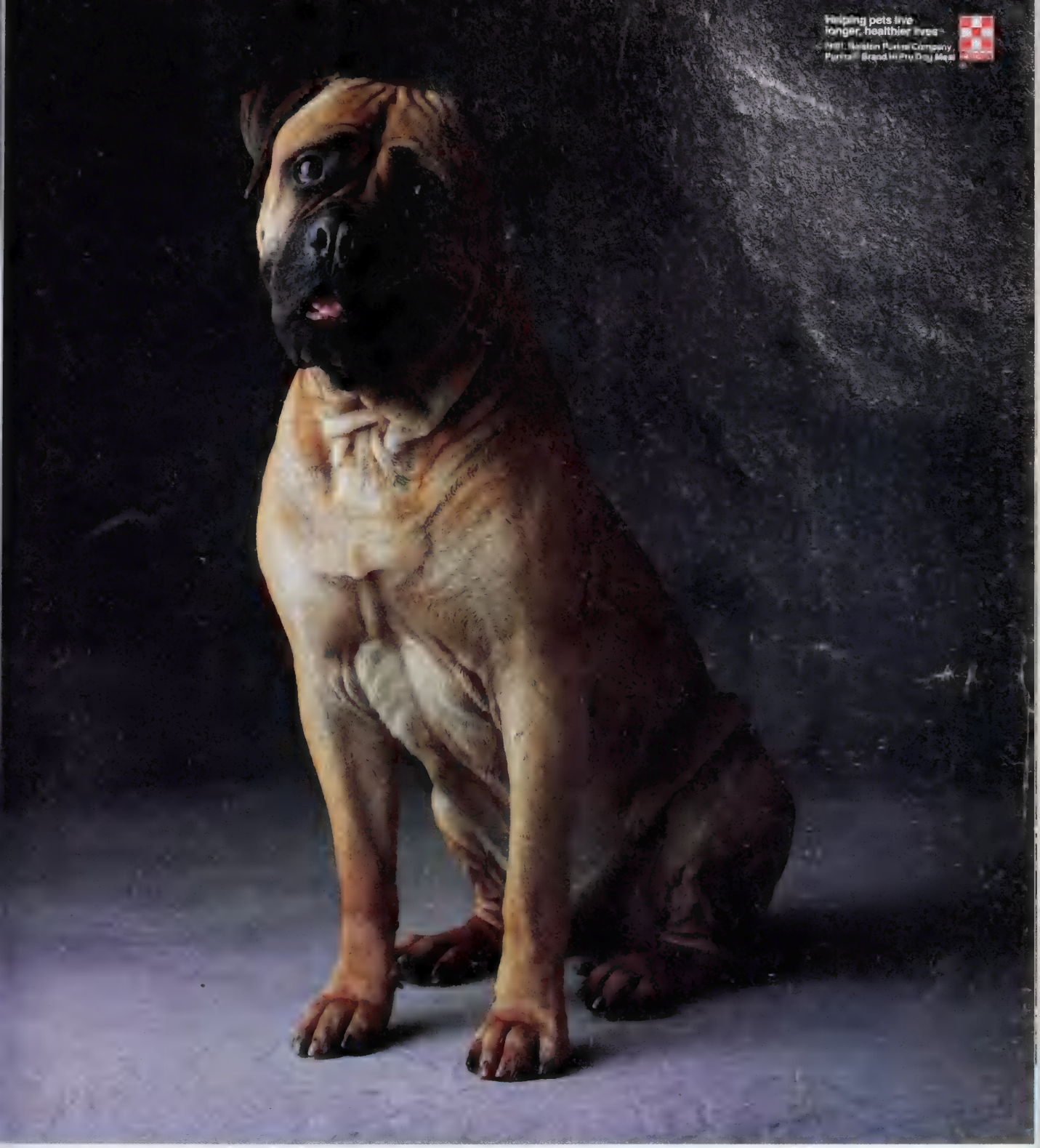


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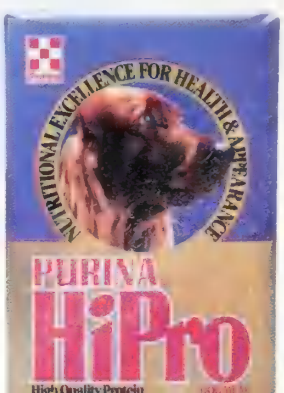


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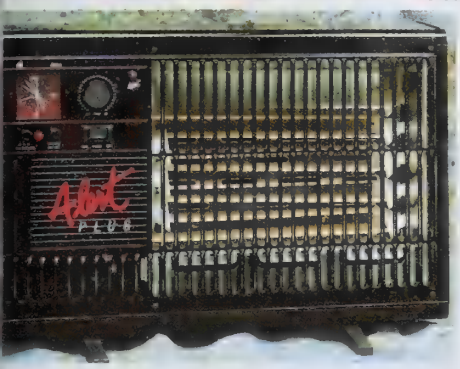
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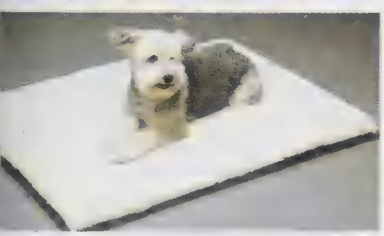
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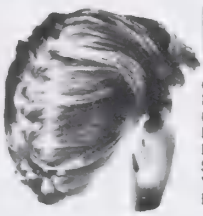
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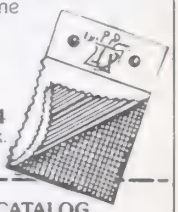
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IDEO

tinued from page 120

y of their home. But, according to ath, too many individuals have d to adult videos exclusively. e of my clients rent pornographic s instead of trying to develop rela- ips. They're getting terribly dis- views of men and women; there's : of tenderness and an unreason- mphasis on performance."

-size vidiots

iologists and psychologists fret the negative impact of videos on , they reserve their greatest con- or kids and adolescents, who are ch at home in a video store today ir parents were in a toy store. an tell the children who watch a lot," says Kate Delacorte, nurs- hool director at the Pace Little l, in New York City. "Their play is ocused. Their imaginations are d by what they watch."

parents delude themselves into ical admiration for kid-vid. The cation? Kids learn something. rent tapes on weekends, when ds are bored," says one mother of "My three-year-old will get a and we just keep rewinding it and playing it back. But most of what she watches is Sesame Street and Care Bears. She learns her numbers. That can't be bad."

Common sense argues that in controlled doses, such tapes are probably not harmful. As a replacement for violent cartoons they're wonderful, and parents of sick children find them lifesavers. But the mesmerizing quality of videos makes parents use them as a crutch, according to Sandra Mann, Ed.D., a New York City family therapist. "This morning a mother in one of my parents' groups said that her child was throwing tantrums, and another parent suggested getting a video and turning on the VCR to quiet things down. That's exactly what you don't want to do, because *(continued)*

the child will never learn how to deal with frustration."

What's more, busy parents rely on other people's judgments of suitability. If a tape is in the kids' section, it's okay, says McGrath. "When my child was two," she adds, "he saw *E.T.* at a friend's house. I thought it was a good movie, but not for a two-year-old. He had nightmares for two weeks."

Once kids start going to the video store themselves, the problem worsens. Although most stores won't rent X-rated films to adolescents, a gamy gamut of R-rated and unrated videos is often available with no questions asked.

"Parents don't know what their kids are watching," says Bradley S. Greenberg, Ph.D., professor of telecommunications at Michigan State University. "They're happy that the kids are at someone's home and that the home doesn't have a beer keg."

"I used to live in a lovely little New York State community," says Jenny Pomeroy, of Atlanta, who coordinates a campaign against movie violence for the Junior League. "The stores were giving videos without ratings to kids in the sixth grade. One, called *Make Them Die Slowly*, showed a girl hung up with giant fishhooks through her breasts."

The trend gets even more unsavory: In some parts of the country, a popular after-school activity is the gross-out party, where teens assemble to smirk at slasher movies. "They watch them and laugh," says Pomeroy. "There has to be an effect on kids when they're watching women being decapitated, murdered, raped, shot in the head with nail guns or chased with buzz saws."

Worries about the effect of such violence on young people have led twenty-four states to propose or pass legislation to restrict viewership of videos. The Video Software Dealers Association, which represents forty-five hundred members, opposes such legislation, claiming that it may infringe upon First Amendment rights. In response to parent outrage, the association has agreed to encourage its members to adhere to the movie ratings code.

Future schlock

It's clear, however, that VCRs are here to stay and getting more ubiquitous every day. The latest wrinkle for on-the-go videophiles is the Video Walkman, a mini-TV/VCR. Currently selling for about $1,000, these machines are still too expensive for average consumers. But you can rent them in some electronics stores, and they're being snapped up by airlines and train for advanced on-board entertainm

Still, this appears to be just a station en route to even more pow technologies. In ten years, for inst TV sets may be attached through optic cables to vast computerized houses of programming. The techn will be tested this summer by G California. Only questions of econ stand in the way of its reaching th of the American public. Wiring country could cost billions.

"It will be possible to order up vi ly any television show or movie been recorded," says Russ Neuma rector of the audience-research gro the media lab of the Massachuset stitute of Technology. "Let's say y been talking to a friend about th sode of *I Love Lucy* where Lucy Ethel were on the assembly line a candy company; you'll be able to your order from your easy chair an it on your TV screen within second

An appealing notion? Perhaps it's also a disquieting portent of a ety totally encapsulated in a video verse. Says James Beniger, "Come day, we'll have something that n narcotics."

Katherine Barrett and Richard G are contributing editors of LHJ.



N AMERICAN HAREM

ntinued from page 117

ised land. Members of a sect of reli- fundamentalists, they broke away the Mormon church one hundred ago and now openly practice the l doctrine of polygamy that was owed by the traditional Mormons.

ose who say they are happy here ibe their towns as crime-free ref- for the morally upright, who are y trying to live their life as God nstructed. Others, who have be- disillusioned with the group, say cult, in which little girls, some as g as nine and ten, are given as rds to men in their fifties and six- Each and every aspect of life, from e a family lives to how its children aised, is rigidly controlled.

t now the towns are finally being d to scrutiny, as the focus of an ual adoption case. It was to Hildale Brenda Thornton came to live with ix children in mid-1987, when she lying of cancer. She had agreed to ne the third wife of a polygamist d Vaughn Fischer, and she died weeks after their marriage. Since Brenda's paternal half-sisters, Ja- nd Pat Johanson, have been fight- ischer in Utah courtrooms over the ion of the children. The stakes are high on both sides. The Fischers are standing up for their way of life; Janet and Pat feel they're battling for the children's very souls. "If we don't get them out," says Janet, "they'll be lost to the cult forever."

A shadowy past

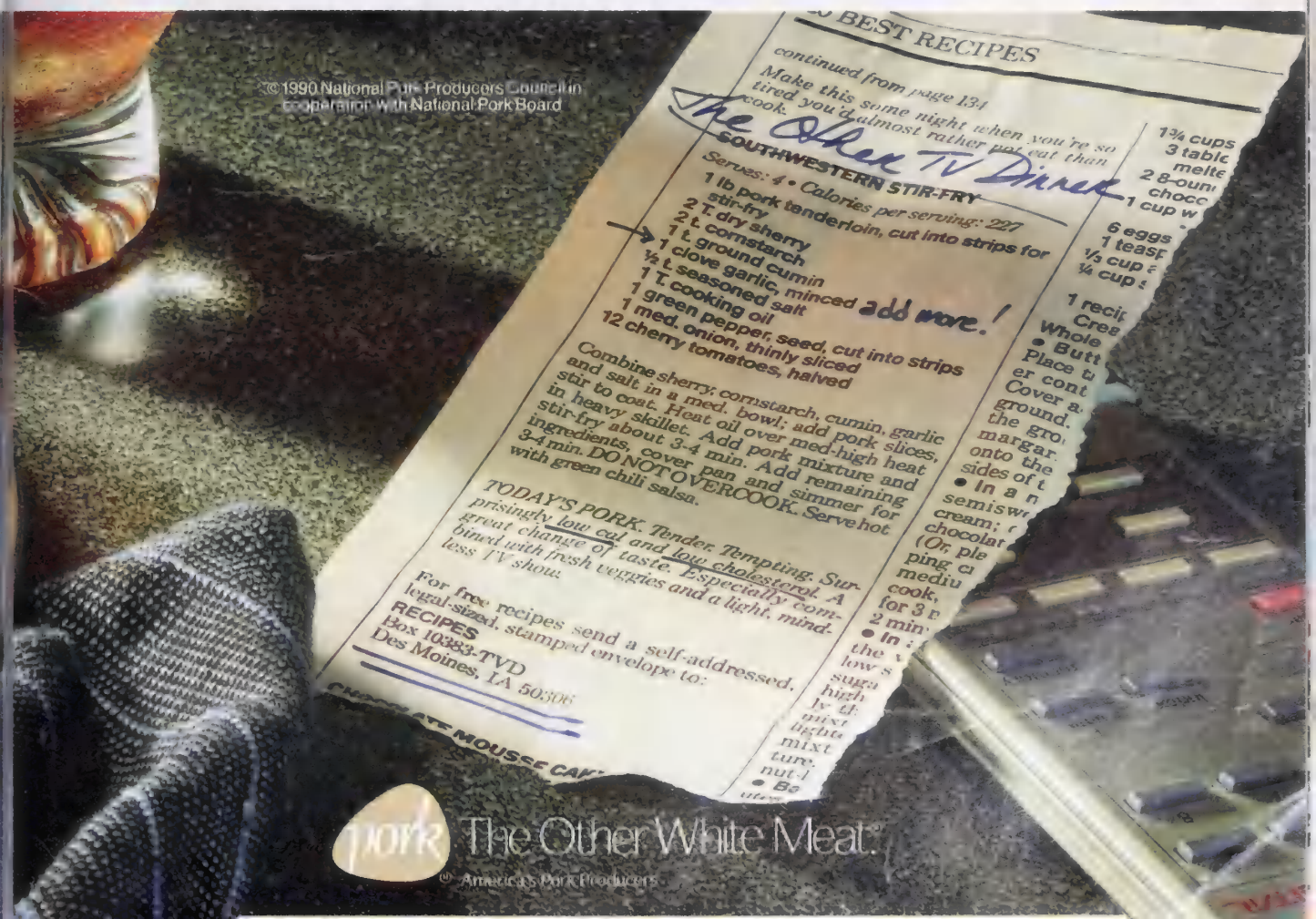
Fischer's beliefs, and those of most Hildale and Colorado City residents, have their roots in the early days of the Mormon church. It is said that the founder, Joseph Smith, had thirty wives, and Brigham Young, the second president of the church, had twenty-seven. Joseph Smith claimed to have revelations from God instructing men to take multiple wives. Plural marriage was part of a principle called the Restoration of All Things, a return to ancient biblical customs. Polygamy was also a means to ensure the conception of large numbers of children who would be raised in the Mormon faith and trained to usher in the Kingdom of God. But it was a controversial practice from the start, and when the members of the church went west in the mid-nineteenth century, they did so in hopes of finding a place where they could engage in polygamy without restraint.

Eventually, however, even in the western territories, the group faced legal difficulties because of its practices, and one important case was appealed up to the Supreme Court. In a landmark 1879 decision, the Court upheld the right of the federal government to prohibit polygamy, and in 1890 church leaders agreed to abandon the practice.

Fischer refuses to elaborate on the theology of his group, but according to former insiders, the teachings derive from those of the early Mormons. The highest level of the Celestial Kingdom, they believe, is open only to men with more than one wife. Women are dependent on their husbands for their salvation—only their husbands can pull back heaven's curtain to let them enter. This system extends to the earthly kingdom as well: Multiple wives enhance status in the community and have come to be considered a reward for loyalty.

This sect of fundamentalists is just one of many splinter groups that broke off in 1890, believing that they must continue to live under the doctrine of plural marriage. Estimates say that there are as many as fifty thousand people living in such sects throughout the West.

Although polygamy is a third-degree felony in Utah, the last time a group of polygamists was prosecuted there was in 1960, and no one was convicted. The Utah attorney general *(continued)*



refused to comment on why polygamy is not prosecuted. But Paul Graf, county attorney from nearby St. George, Utah, says, "When I came on, my district judge suggested that if I considered prosecuting polygamy then I would have to decide how far I was going to go on adultery and fornication. And besides, who's going to testify? The wives?"

It's also possible to detect a note of ambivalence toward polygamy in local authorities, many of whom are Mormons and trace their own roots back to polygamist ancestors. In a pre-adoption report, Chuck Sullivan, a child-welfare supervisor for the county, judged the Fischer household to be "highly qualified" as a home for the Thornton children. "We don't take polygamy into consideration when we do a home assessment," Sullivan explains. "I didn't see any down side to their life."

The center of the storm

"What is so immoral about polygamy?" says Vaughn Fischer, fifty, a trim man with dark, graying hair, a well-weathered face and a broad smile. Seated beside him, his first wife, Sharane, forty-four, squeezes his knee.

"Where is the harm in plural marriage?" she asks, her ice-blue eyes narrowing. "Why is this so wicked and bad? We're just a normal country family."

"We respect the Amish people for keeping their way of life," says Fischer's second wife, Katrina, twenty-five, seated on his other side. "People have let them alone."

Until now, the Fischers have refused to talk to reporters about the case, but they agreed to be interviewed by the *Journal*. They are appealing a state court decision that blocked their adoption of Brenda Thornton's children on the grounds that polygamy is an illegal activity. At press time they were still awaiting the ruling on the appeal.

Vaughn is dressed in long pants and a blue plaid cotton shirt with long sleeves. Sharane and Katrina look like pioneer women, with no makeup, their long hair braided and tied firmly into buns. They are dressed like most of the women in town: sturdy black leather shoes, calf-length homemade cotton dresses with long sleeves and high necklines. When asked about the flesh-colored, ankle-length undergarments both women wear under nylon stockings, Sharane answers sharply, "We dress modestly. We don't believe in exposing our bodies."

At first glance the household looks much like any large rural home, rated with Early American furr and handmade quilts. In the kit gallon jars of peaches still hot canning cover a counter. Children curiously around every corner a sounds of their siblings' play filte from the backyard. Only the ce piece of the kitchen is startling long Formica tables pushed toget and lined by more than twenty c for family meals.

The Fischers' home, like many o in town, is divided into wings—or each wife. The two women have rooms, each equipped with a wate on opposite ends of the house, an easy to visualize Vaughn kissing wife good night before traipsing spend the night with the other. In both wives were pregnant. Their ba a son and a daughter, look close en in age to be twins. Katrina is expe her third child in March, and Sha has twelve children and has ad two nephews. The household curr numbers nineteen, with the additi the six Thornton youngsters (sor Sharane's older children have ma and left home).

To support this brood, Vaughn w hard. He is a building contractor w tax return showed gross busines come of just over $50,000 in 198



receives Social Security payments ing about $600 per month for Bren- children, and their natural father ributes some money.

en so, it would be hard to make ends for a family that large. But the amentalists take care of their mem- material needs as well as their tual ones. The house the Fischers n, and the title to the land on which sts, is held in the name of a trust d the United Effort Plan. Members od standing are allocated property an build houses on it.

any of the men are in the building s. These skills come in handy, be- e they have to construct their own es and add wings whenever they another wife.

e trust also provides medical care, e form of an infirmary staffed by es and midwives. A town co-op buys in bulk, passing on the savings to bers. The family further holds expenses by growing many of own vegetables and bartering s and services with their neighbors. women and girls sew all their own es as well.

though Vaughn and the other men l frequently to nearby large cities as Los Angeles and Phoenix for construction work, they remain utely apart from the ways of the modern world. There are a TV and VCR in the Fischers' living room, but they are used only to watch news, nature programs and locally produced videos about church history. A reference to today's hottest comedienne, Roseanne Barr, who grew up in Utah, is greeted by a confused "Roseanne who?" On a typical evening, instead of watching sitcoms, the family gathers for prayers, followed by games and the singing of hymns; after all, the Fischers have enough voices to form a choir.

In the fundamentalist community, there is no such thing as romance; most marriages are arranged, based on counsel from the leader. Since he is considered by his followers to be the prophet of God, his pronouncements are treated as gospel, direct instructions from the Lord.

Vaughn, Katrina and Sharane have never known anything but the fundamentalist way of life. They claim not to understand the meaning of jealousy.

"I was thrilled when it was revealed to Vaughn that he should marry Katrina," says Sharane, her face defiant. "My parents were five generations with plural marriages. I had five mothers and about forty brothers and sisters. It's in my ancestry."

"We always thought it was neat having more than one mother to go to," Katrina chimes in. "One mother could always help do projects at school if another was too busy."

As Fischer and his wives talk, Brenda Thornton's children, along with many of the others, file in to sit beside their parents. Deanne, Brenda's youngest, is now six, a shy child with large almond-shaped eyes and dark-blond hair pulled into pigtails. She and Janelle, a willowy eleven-year-old, wear traditional garb but have slacks on under their dresses. "They've been up hiking in the mountains," Vaughn quickly explains, seeming slightly flustered. "I encourage my girls to wear pants when they're out hiking or playing on the trampoline—to be modest. I think my gals have about as much freedom as any woman."

Sharane adds, "Brenda's children were raised in a plural marriage. This is what they're used to." But the Fischers refuse to let the children speak for themselves. In answer to the one question they allow—"Are you happy here?"—Janelle looks cautiously toward Sharane and says in a low voice, "Yes."

Much of the Johanson sisters' concern is centered on another of Brenda's children—her oldest daughter, Vonnie, who turns eighteen on February 2. "Who's to say she won't become Vaughn Fischer's fourth wife?" asks Pat. "After all, it happened to Brenda." *(continued)*

D USE YOUR NOODLE.

Here's how to turn your favorite Noodle Soup Mix into a hearty homemade soup, with just a few simple additions. Now that's using your head!

CHICKEN 'N VEGETABLE NOODLE SOUP

1 envelope Lipton® Noodle Soup Mix, 3 c. water, 1 pkg. (10 oz.) frozen mixed vegetables, partly thawed (or 1 c. fresh vegetables, thinly sliced), 1 c. cut-up cooked chicken or turkey.

Combine soup mix, water and vegetables; bring to boil. Reduce heat and simmer, stirring occasionally, till vegetables are tender. Add chicken. Or, MICROWAVE soup mix, water and vegetables uncovered 10 minutes, stirring once. Add chicken and microwave 2 minutes. Serve with black pepper.

OR ADD ANY OF THESE: 1 can (14 oz.) whole tomatoes (undrained); chopped celery and carrots; 1 can (14 oz.) favorite beans; 1 beaten egg; or 3 sliced frankfurters.



Soup up your recipes with Lipton.

Brenda Thornton's trials

If the Fischers paint a rosy picture of their lives, Brenda Thornton's sisters deny it. Brenda was far from a newcomer to the fundamentalists when she married Vaughn Fischer. Her odyssey among the believers began in 1964, when she was just fourteen years old. That was when her mother, Marion, married Phil Thornton, then forty-six. In the Thornton household, part of a fundamentalist stronghold in Salt Lake City, Brenda conformed to the sect's strong patriarchal system. The head of the sect—the prophet—at that time was a man named Leroy Johnson.

"I was thrilled when it was revealed to Vaughn that he should marry Katrina," says one of his wives. "I had five mothers and about forty brothers and sisters."

Brenda's sisters say that the prophet's orders came for her in 1967, at the age of seventeen. Johnson told her that he'd had a revelation that she should marry Phil Thornton, her own stepfather. She agreed, and Johnson performed the ceremony that afternoon. For the next seventeen years Brenda lived as her stepfather's second wife, dutifully producing two sons and four daughters.

Then, in 1984, a crisis of faith forced her to examine her life and gave her the courage to divorce her stepfather.

"It was the hardest thing she had ever done," remembers Janet, a college administrator in Oregon. "People within the cult told her that she would be damned to hell for leaving."

Brenda moved her children, aged one to fifteen, into a trailer park outside Salt Lake City. For the children it was a radical change; they dressed in blue jeans and short-sleeved shirts, and for the first time they went swimming. It was then that Brenda began talking freely about the heartache she had faced. "She told me that her life had been a waste," says Pat Johanson, an educator in Washington, D.C. "She said the happiest day of her life was a Thanksgiving Janet and I once spent with her when Phil was out of town."

Still, Brenda never fully broke away. After all those years of indoctrination and having little money, she was unable to live independently and remained on the fringes of the group, doing menial jobs. When she was diagnosed with breast cancer in 1985, fundamentalist friends told Brenda it was divine retribution for her leaving. For the next two years she fought the disease, undergoing a mastectomy, chemotherapy and radiation. But as she became sicker, her hospital bills mounted, and she and the children were close to destitute. In the spring of 1987, Brenda was told she had only months to live, and she searched frantically to find a home for her children.

"Brenda talked to Janet and me about taking the kids," remembers Pat. "We were making plans to have them move to Oregon with Janet, but it bothered Brenda that neither one of us was married. Then she disappeared. She was so tired, she just gave up. When we heard from her again, she was living with Vaughn Fischer."

Just as she had done before, Brenda married according to the counsel of the sect's leader: Rulon Jeffs, then in his mid-eighties, an accountant from Sandy, Utah, who succeeded Leroy Johnson after his death. If Brenda came back into the church and wed Fischer, Jeffs urged, she and her children would be cared for. The Johansons say Brenda had only thirty minutes to make up her mind. Brenda agreed, and a marriage ceremony was performed just days later.

Two weeks after that, a dying and weak Brenda gave legal consent for her new husband and his first and only legal wife, Sharane, to adopt her children. That day, Phil Thornton signed a consent form at Brenda's request.

About two months later, in August 1987, Brenda, thirty-seven, died in the Fischer household, surrounded by her children. After the funeral, Sharane and Vaughn Fischer proceeded with their plans to adopt the Thornton children. "It's what Brenda wanted," says Sharane. But Pat Johanson, who came to care for her sister during the final weeks of her life, tells another story. "Brenda changed her mind. She was too weak to go into town to talk to an attorney, so Brenda asked me to get the kids out," she says. "I can't do anything for Brenda anymore, but I can try to do what she wanted for the children."

"The longer they're there the harder it will be to get them back," laments Janet, who has prepared a home for her sister's children in Oregon. "Th been turning them against us. time we visited the kids, in March, of them wouldn't even hold my l Janelle, who Brenda named afte looked at me as if I was the devil."

An uncertain future

Vaughn Fischer denies any possi of marrying Vonnie. "This is my *da ter*," he scoffs. But there is a fa precedent for such marriages. Vaughn's brother Erwin was in his fifties, he took as his third wife h teen-year-old niece by adoption, ynn. And within the community er marriages bet first cousins and tween fathers and daughters are far unheard of.

Even if Vonnie not become Vau wife, the sisters her future and th her siblings wil starkly limited, as their mother's. "I the kids to be able to do things their lives," says Janet. "Wayne [B da's oldest son] wanted to be an ele cal engineer, and Vonnie was tal about being a vet. With the Fisc college will be out of the question they continue the fight, even th their legal fees are approac $200,000—a formidable sum for educators.

Vaughn Fischer is certain to cont his efforts as well: The fundamenta have contributed toward his attor fees. Indeed, the group's mission s to be more than just an attempt to on to the young members of their f they are hoping to obtain legal appr of their lifestyle.

One does not have to spend too r time in Hildale and Colorado Ci understand how deep the roots of lifestyle go. The call of the faith, the of tradition, is a strong one. Alread values have been passed to the generation—Fischer's three o daughters have all been placed i ranged marriages—the oldest, Am a second wife.

And Fischer remains firmly anch in his world, the only one he has known. "These principles have taught to me all my life," he says solemn assurance.

Two years ago, Fischer was aske attorneys during depositions for adoption case, "Would you take anc wife?" He didn't pause for a momen the Lord reveals it to me."

Kathryn Casey is a contributing edit Ladies' Home Journal.

IONSIEUR DUCHARME

ntinued from page 91

es on all the vendors, I actually a man, a postcard seller, named, t's true, Monsieur Ducharme!

en we exchange names, intro- ourselves, the tape spins on in my It's absurd, but I feel I know him dy. I have so much to say! I begin k, to ask him about himself, his y, his favorite places to eat. I'm seem manic with joy, half crazy, e's a good sort of man, I can tell. sponds with kindness, introduces his friends just as Monsieur Du- ne did on the tape. Only this ieur Ducharme's friends are fel- vendors wearing gloves out of the fingers are cut. Cold people. people. I'm lost in garbled talk for I eventually realize has been n hour.

s suddenly cold. For that hour a ly patient, worried Michael had watching couple after couple lock arms and go off to warm s. As I run toward him, I can tell he's desperately chilled. He's ed into his coat, his ears red. He very right to be annoyed. In his ion, I would be. I run to him, gize.

sorry," I say, "but, you see . . . I *Monsieur Ducharme.*"

re is a struggle. I can see all the s he's saved up to say, the accusa- the righteous indignation, the hings that have kept him warm whole cold hour. They are all all on the tip of his tongue. But age is composed at least as much at you don't do, as of what you do. es effort, make no mistake, but el *doesn't* say what he has ed. He stops his teeth from chat- long enough to say that he I wished our friend a happy Valentine's Day.

ve Michael the gilt angel. He has me his Valentine, and more. We to a café, warm and brilliantly e radiance spilling from the win- the air fragrant with the aroma king food. I order for us both, and el makes a few discreet adjust- . I'm grateful for both his tact is good sense. The lemon tarts epsi made a novel, but once-in-a- e, meal. ■

Erdrich, best-selling author of els "Love Medicine" and "Tracks," ried to Michael Dorris, author of Broken Cord" (excerpted last Au- LHJ). Ms. Erdrich has kept this love story a secret from Michael. lication, plus a surprise trip back s this month, is her special gift to appy Valentine's Day!

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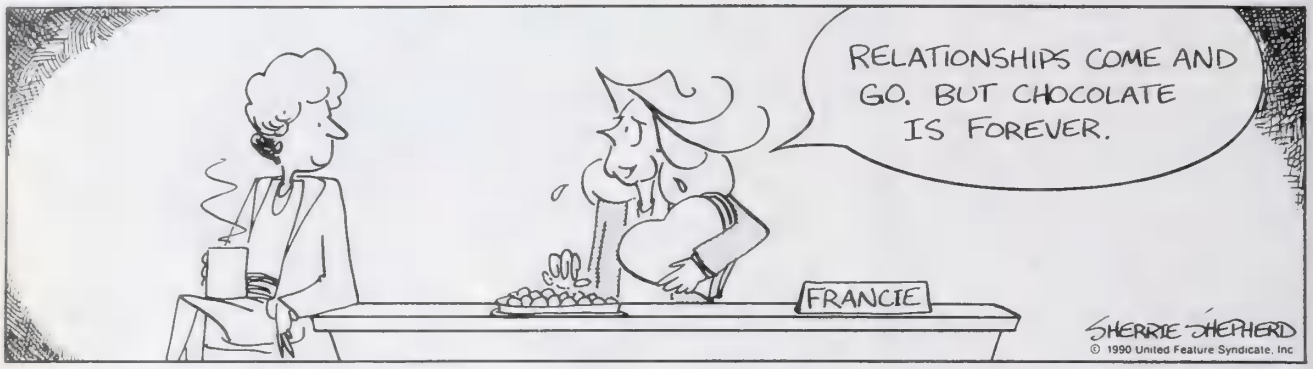
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LAST LAUGHS

"NEVER UNDERESTIMATE THE POWER OF A WOMAN"

FRANCIE® by Sherrie Shepherd



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STUCK ON YOU

My kindergartner's valentine
Has crayoned words that beg, "Be Mine,"
Mid globs of glitter glued in place
To accent clumps of clinging lace.
Add paper hearts slapped on askew—
A truly art-felt "I Love You!"

—Eileen Blacker Petersen

Words that Webster doesn't define

abandabag (n.) The suitcase that keeps going around and around the luggage carousel at the airport.

fluorese (n.) The language you speak while your teeth are being cleaned, comprehensible only to your dentist.

incuisinators (n.) People at adjoining restaurant tables who seem more interested in your food than their own.

matrimeter (n.) The noticeable distance that single men keep from the woman who just caught the bouquet at a wedding.

muffinlust (n.) The slightly illicit feeling one experiences when removing the paper from a cupcake.

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David Riley

COMING IN

March

Willard Scott's breakfast book Get your morning off to a great start with weatherman Willard's favorite quick A.M. recipes, including yummy bagel toppers, Tex-Mex eggs and more.

The beauty report We gathered leading beauty experts from across the country for a special panel discussion on the face of the new decade, the psychology behind the trends, plus what's new in cosmetics and plastic surgery.

Kitchens for people who love to cook Do you want to entertain more, but you don't have the proper space or enough time to do it? We'll show you how two families set up their dream kitchens, and we'll give you menus to pull together the perfect party in a flash.

Nutripoint meal makeover Say good-bye forever to calorie counting. In Part II of this revolutionary new plan, you'll find out how to choose foods that boost your nutrition and help you lose weight. It's the diet of the nineties!

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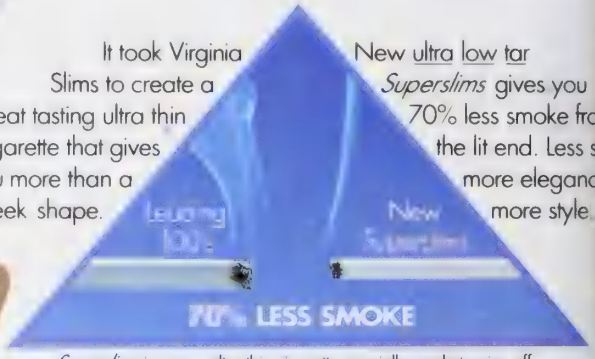

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MEN'S MOST COMMON AILMENTS

Journal

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ILENT KILLER
AL REPORT ON
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DREW BARRYMORE
"My fight to stay sober"

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Our salute to
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EDITOR'S JOURNAL

By Myrna Blyth



BACKSTAGE AT THE JOURNAL

What have *LHJ*'s editors been doing to produce this month's jam-packed issue? Plenty. For example, Art Director Jeffrey Saks flew to Washington to oversee *LHJ*'s photo session with First Lady Barbara Bush. Award-winning photographer Harry Benson spent a day with Mrs. Bush and took the just-for-the-*Journal* pictures of the First Lady dressed in an elegant Scaasi evening gown in the State Dining Room. I think our cover photo is very attractive, and I hope you do, too. I also think our interview with Mrs. Bush (page 157), written by Texas reporter Alison Cook, is fascinating and insightful. What did Jeffrey think of being at the White House? "It was really exciting. It was an honor to meet Mrs. Bush—she is absolutely charming."



Beauty and Fashion Editor Lois Joy Johnson worked far in advance for this month's story, "The beauty report." Lois and Associate Beauty Editor Susan Parkes brought together many of the top experts in the beauty business for a special seminar at New York City's Plaza Hotel. I was among the panelists who discussed the hottest trends and the most insightful ideas about beauty today. During the course of the session I heard some of the best good-looks advice ever, and we're sharing those tips with you, beginning on page 174.



Above: Jeffrey Saks with Barbara Bush. At right, seminar participants, from left: Lois Johnson; Gary Mulloy, Maybelline; Myrna Blyth, LHJ; psychologist Rita Freedman; Linda Harris, L'Oréal; Frances Grill, Click Model Management; Dr. Thomas Rees; Andrea Robinson, Ultima II.

Other features I'd like to call to your attention: Willard Scott's rise-and-shine breakfast book to help start your day right; a riveting report on multiple personality disorder, written by Health Editor Nelly Edmondson Gupta; great advice on how to shop like a pro; plus a decorating and entertaining feature called "Kitchens for people who love to cook" and "Menus for people who love to party."

Good food, good fun, good reading—all in this bountiful March issue of *Ladies' Home Journal*. And aren't you glad it's spring?

READER CALL-IN DAY

This month it's Thursday, March 1, from 1 to 4 P.M. Eastern time. Remember, the call's on you. At the phones: Test Kitchen Director Carol Prager, 212-351-3681; Associate Beauty and Fashion Editor Susan Parkes, 212-351-3682; Decorating Editor Lauren Payne, 212-351-3683; and Text Editor Nina Keilin to answer general questions, 212-351-3684.

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Journal® VOL. CVII NO. 3 MARCH 1

IN THE NEWS

22 • **A woman today: "Have you seen my son?"** Exclusive: The abduction of Jacob Wetterling shocked the nation. For the first time, his mother shares her desperate hope for the child's return. *By Patricia Wetterling*

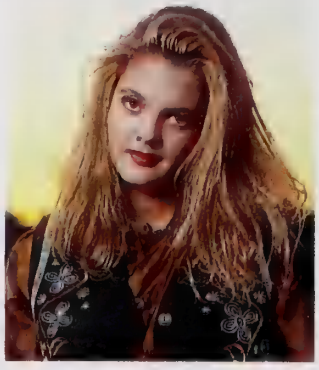
102 • **A final gift** While surgeons make headlines with miracle organ transplants, the unheralded families of the donors remain alone with their sorrow. *By Frank Maier*

COVER STORY

157 • **At home with Barbara Bush** Yes, the First Lady is as gracious as you imagine. She's also a canny political pro with a few surprises. An exclusive. *By Alison Cook*

FAMILIES TODAY

126 • **Family portrait: "There's always room for one more"** Margie and Cris Hoelscher have opened their hearts to fifteen special kids. *By Sylvia Whitman*



LITTLE GIRL L
PAGE 11



SIBLING SEQUENCERS
PAGE 162

141 • **Everybody loves a baby** Top pro photographers share pics of their a adorable offspring. Plus, fun baby-boom facts. *By Shana Aborn and Marianne Wa*

162 • **A delicate balance** Feel torn between work and home? Meet twin sist who are taking it one step at a time. *By Margaret Jaworski and Robin Sanders*

PERSONALITIES

80 • **Faye Dunaway: coming home to Hollywood** The Oscar winner's career railed after *Mommie Dearest*, and she fled to England to raise her son. Can she reg her reputation with her new movie? *By Cliff Jahr*

96 • **What's hot: TV comebacks** Sandy Duncan, Peter Falk and Kristy McNich

116 • **Child star, child addict** Catapulted to fame at seven, Drew Barrymo drifted through her youth in a drug-and-alcohol haze. Now, at fifteen, she's trying pull her life together and fighting every day to stay sober. *By Joanne Kaufman*

BODY AND MIND

48 • **Nutripoints meal makeovers: part two** Easy menus and recipes that w get you eating right. *By Dr. Roy E. Vartabedian and Kathy Matthews*

56 • **How could I be so blind?** When you discover you've been betrayed by loved one, you may feel hurt—and foolish. Here's how to cope. *By Roberta Grant*

68 • **The silent killer** Ovarian cancer is an insidious enemy, often not detect until too late. Here's what you must know. *By Jean Fain*

Cover: Bush, Harry Benson. Barrymore, Steve Schapiro/Gamma-Liaison; hair and makeup, Wendy Osmundson for Clouti baby, Beth Galton; Scott, Dan Boris/Outline. Photos, this page, from top: Steve Schapiro/Gamma-Liaison, James Schne Wheeler Pictures.

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1 cup cooked peas
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1 tbsp. butter
2 tbsp. dry bread crumbs

MICROWAVE: In 2-qt. microwave-safe casserole, combine soup and milk; stir in noodles, peas, pimento and tuna. Cover; microwave on HIGH 9 min. or until hot, stirring twice during heating. Meanwhile, in small saucepan, in hot butter, stir bread crumbs until lightly browned. Sprinkle over noodle mixture. 4 servings.

CONVENTIONAL: Prepare as above using 1½-qt. casserole. Bake at 400°F. for 25 min. Top with buttered bread crumbs. Bake 5 min.

M'm! M'm! Good!®

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Look for more great-tasting recipes from *Campbell's* on page 179.

otomies; fish oil and breast cancer; and more. *By Sally Squires*

160 • **Who am I?** She is a victim of one of the most mysterious mental disorders known, tormented by forty-nine personalities warring for control of her body. *By Nelly Edmondson Gupta*

FICTION

132 • **A memory of dancing** Frances knew her mother was slipping away, but she tried to bring back the woman she remembered. *By Diane Salvatore*



BEAUTY



YOU GOTTA HAVE 'I
PAGE 16

SINFUL SWEETS
PAGE 21

35 • **Beauty and fashion journal** The Dove/*LHJ* model discovery contest winners; and more.

42 • **How to shop like a pro** We gave two fashion experts $300 and sent them out to tackle the racks. Check out their buys.

168 • **Elements of style** These are no accessories after the fact. We've got the must-have bags, bangles and bows for you. *By Lois Joy Johnson*

174 • **The beauty report** Great news from our panel of experts: Looking good decade means playing up what's best about *you.*

HOME

149 • **Secrets of a super garden** Pick the planting schedule that makes the m of your time. Bonus: fabulous flowers to order. *By Pamela Guthrie O'Brien*

FOOD

183 • **Food and home journal** Great ideas that cater to the cook in you.

184 • **Kitchens for people who love to cook; menus for people who love to party** Dream kitchens and tasty recipes that make entertaining a breeze.

201 • **Willard Scott's breakfast book** Rise and shine with weatherman Willa quick A.M. recipes. Plus secrets for getting the day off to a great start.

218 • **Better-than-sex desserts** Indulge in our cache of truly wicked treats.

224 • **Cooking in the fast lane** Terrific recipes that call for just five ingredient

228 • **Inside the Journal kitchen/Recipe index**

REGULAR FEATURES

4 • **Editor's journal**

10 • **Can this marriage be saved?** "He's there for everyone except me" *By Margery D. Rosen*

64 • **Personal journal**

88 • **Parents' journal** *By Mary Mohler and Margery D. Rosen*

92 • **Understanding kids** *By Lawrence Balter, Ph.D.*

238 • **LHJ Travel planner**

240 • **Readers' journal** Your letters to us.

242 • **Last laughs**


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"He's there for everyone except me"



Ever-capable Robert could solve any problem, but he failed to realize how desperately his own wife needed help

By Margery D. Rosen

Introduced thirty-seven years ago, "Can this marriage be saved?" is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews and information from the files of Helen Crohn, C.S.W., a counselor in private practice in New York City. The story told here is true, though names and other details have been changed to conceal identities.

Megan's turn

"I FEEL LIKE I'M FALLING apart," said Megan, thirty-seven, a tall, rail-thin woman who sat nervously in the leather chair in my office. "And Robert has no idea what I'm going through.

"I know I desperately wanted to be a mother. I was thirty-five when we married, and I could feel that biological clock ticking away. I knew it wouldn't be easy, so we discussed it a lot. But, well, it's so much harder than I ever imagined. Jessie is almost two, and there are days I don't see how I can go on.

"I don't know where to begin—I'm so exhausted I can hardly think. I had an okay pregnancy but a difficult delivery. I was in labor for thirty-six hours, and then they had to do an emergency C-section. I felt cheated.

"Breast-feeding was an ordeal for me, too, because I was wiped out from the surgery. Then I developed this infection and had a fever for about four days. On top of all that, Jessie had colic. I don't think I put her down for more than ten minutes at a time for the first three months of her life.

"Robert was great while I was in the hospital, and for a while he would give a relief bottle in the middle of the night, but lately he's really not been much better than an absentee father. His hours are unpredictable—he's director of the community center in town, and he's in charge of all their programs, like the recycling project, the soup kitchen and the shelter for abused children. You'd think that would be demanding enough, but not for Robert. As always, he's involved in a zillion other activities and committees. I suppose it's all a leftover from his sixties days of radical politics. And I know the causes are all commendable, but come on. Isn't it a bit hypocritical to care so much for the world at large and not see what's desperately needed at home? I'm even beginning to wonder if he cares about Jessie.

"Robert likes his work, but he hates the man he reports to. So why doesn't he leave? He's been there for thirteen years.

"You *(continued on page 14)*

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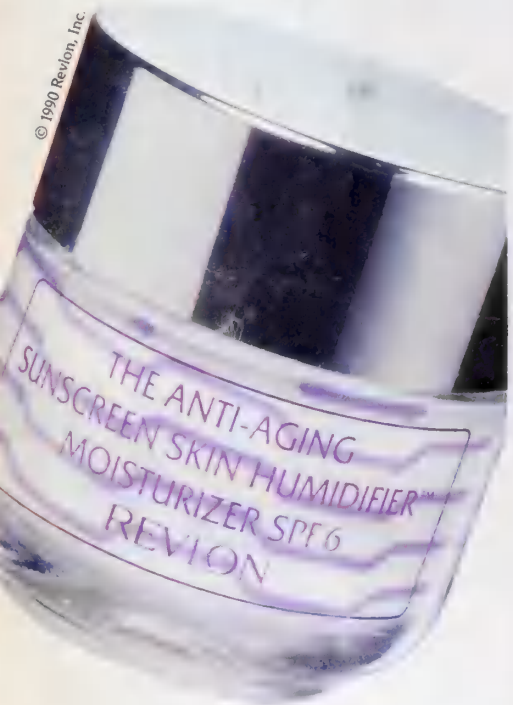
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REVLON

CAN THIS MARRIAGE

continued from page 10

know what really gets me furious? When Robert is home, he thinks he's in charge. And he has the nerve to criticize the way I'm raising our daughter. Yesterday, Jessie was whining that she was hungry. Well, it was almost dinnertime, and she's a terrible eater to begin with, like I was. So I offered her a rice cake. She screamed for a cookie. At that point, Robert walked in—and gave her one.

"How can he undermine me like that? As if he's the authority, all three hundred pounds of him. Okay, that was mean; I'm sorry. I'm just very angry. But let's be honest; like my father, Robert is very overweight. I don't think he's the one to ask about nutrition and feeding a child, do you?

"When I talk to Robert about all this, his response is classic: He yawns or turns on the news and tunes me out. The other day I tried to explain why I couldn't get out of the house all day—first Jessie refused to take a nap, then, when I finally got her down, the mailman rang the bell and that woke her up and we had to start all over again. By then, it was lunchtime, and after I fed her and straightened up, it was nap time again. Robert couldn't understand why I was so upset.

"Our sex life is nonexistent, by the way. I know a lot of that is my fault. When I first had Jessie, I didn't even think about sex for about four months. But then I started wanting to make love, and Robert would be impotent. Not all the time, but often enough. That's still a problem for us.

"I try so hard. I love Jessie with all my heart and desperately want her to be happy. I've always had the worst relationship with my own mother—she's so critical, so impatient.

"You see, I was very shy and sensitive as a kid, and it was difficult for me to make friends. My mother would always urge me to go out and play. But then she treated me like a china doll, telling the other mothers or the counselor at day camp to watch out for me so I didn't get too overtired. Or she'd tell me I was very pretty, then compare me with her friend's daughter, who had straighter hair.

"My father was rarely home, and when he was, he was always so strict with my older sister, Jackie, and me that I used to wish he'd go off on another business trip.

"It wasn't until college that I met people I felt comfortable with. I graduated with a degree in fine arts and landed a plum job as a textile designer for a large dress manufacturer. During those years I dated a lot of guys and had two long relationships, but bo ended badly. I met Robert through younger sister. He was looking for apartment, and his sister knew I ne ed someone to share my rent. So moved in and slept on the living-ro couch.

"For about six months we rea were just friends. But then I realiz how special Robert was. He cares p sionately about things and peop Though he never finished college, R ert is a natural intellectual. I made first move, but at first, he resist Then, on New Year's Eve, I went with this guy, and I think Robert jealous. To make a long story short, got married the following spring.

"You know the rest. I quit my job devote myself to Jessie, but I do think I can face another day of talking to anyone over the age of t I'm at the end of my rope, but husband is totally unsympathetic."

Robert's turn

"Let me first get this off my ches said Robert, thirty-nine, an ov weight man with a large handleb mustache. "I love Megan and Jes so much, and I don't understa why she has so much trouble und standing that. But everything is major problem for Megan.

"Look, she complains she's so bu that she can't get out of the house day. The other night, I'd barely set f in the door after working a fifte hour day, and Megan shoves Jes into my arms, sobbing, 'She's been possible.' What am I supposed to do feel bad that she's been home all d but I don't understand why she's helpless. Megan is a slave to Jes Everybody knows that if you want go outside, you don't ask a two-ye old what she thinks. You pick the up, put her in the stroller, grab a d per and go.

"If Megan would only step back a look at things practically instead of this flaky, space-cadet way of he she'd realize that problems can solved fairly simply.

"I really can't take her outbur anymore. She's like my mother: A of the time she was loving and v supportive, but then, out of the bl she'd explode like a powder keg. I ha this vivid memory of her storming i my room and throwing my favor board game down the incinerator the garden apartments where lived. I'd never know what would her off.

"My father was never home. worked two jobs—during the day i drugstore in town and then at night the post

(continued on page



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CAN THIS MARRIAGE

continued from page 14

office. When he was home, he never said anything anyway; he probably tuned out because all my mother did was criticize. I remember trying to get them to stop bickering, to get Mother to stop picking on my sister, but usually nothing I said mattered.

"It was a major disappointment to both of them that I dropped out of college after freshman year. And then, when I was nineteen, they kicked me out of the house because they didn't approve of my 'radical politics.'

"For the next ten years or so, I traveled a lot, supporting myself any way I could. I worked in a bookstore for a while, then at a food co-op, and for the past thirteen years I've been involved with the community center here.

"Megan's right: I love my work, but my boss is a jerk. He's nasty and self-righteous. But I put up with it because, well, the money's good enough, and I need to start thinking about saving for Jessie's education.

"When I met Megan, I never thought it would amount to anything more than a platonic relationship. I guess after a while I just knew I wanted to share my life with her.

"But things are not going well. I'm as upset as she is about our sex life. I want more than anything to make her happy, but I don't think I do. After the baby, with her operation and when she was sick and all, I didn't want to hurt her, so I backed away. I waited until she was ready. But now she is, and I can't do it. I look at her face while we're making love and I try to figure out if she's happy, but I get nervous and it just doesn't work.

"I also feel nervous around Jessie. Maybe it'll be better when she's older; I don't know what to do with her now.

"Megan says I don't listen. What she doesn't understand is that you can't talk to her. She's so emotional that if I give her a suggestion, she explodes. Or she'll be nasty and sarcastic. So I'm damned if I do and damned if I don't.

"Lately, all we do is snap at each other. I know Megan resents my advice about Jessie, but she's so rigid. I know I'm overweight; I have been all my life. But that aside, Megan is such a purist about motherhood, it's ridiculous. I'm not saying we should let Jessie stuff her face with candy. But what kid wants to eat rice cakes and other tasteless stuff from the health-food store all the time? A cookie once in a while isn't going to kill her.

"I'm not comfortable being here at all. I know we've had our differences, but I don't think they're as dramatic as Megan says. Besides, I'm the kind of guy who likes to solve his own lems. And when I set my mir something, I do it. But Megan insi so here I am. I want her to be ha

The counselor's turn

"The difficulties Megan and R were experiencing, though exace ed by their personal problems background, were quite typic those many new parents confr said the counselor. "I wanted to this out to them right away so would not be so hard on themselv

"Megan was overwhelmed by th perience of motherhood. Desper worried about repeating the mist of her own overbearing, highly cri mother, she was physically exha and emotionally drained. Because yearned to be the perfect mom, things did not go as she had sioned—when she had to have a sarean section instead of natural b when her daughter was colicky now when the demands of mother overshadowed the joys—her an increased and she became reser As often happens, she turned tha ger on herself as well as toward husband, and her anger dissolved flood of tears or harsh words.

"Robert, quite overweight wh first saw him, was the quintesse jolly fat man who tended to deny feelings and whitewash his ow well as his wife's problems. Meg intense emotional outbursts remi him too much of his mother. Sinc had often played peacemaker child, attempting to settle family putes to no avail, he had also lea to protect himself by tuning out painful emotions surrounding episodes. Unfortunately, when M needed him the most, even when cries for help might have been ap priate, Robert was unable to ha the emotional overload and withd Naturally she became convinced didn't care.

"Compounding the problem was fact that Megan lacked the self-c dence necessary to realize that could solve her problems if she w set her mind to it and marshal the port of family and friends. She g increasingly isolated and depressed.

"When I pointed out that Me never mentioned any friends or yo mothers in her neighborhood, she mitted she wanted to meet other w en but said she was too shy. I sugg ed that being active and involved other people in a similar situa might help her feel more confident, she—tentatively at first—began to proach mothers in the playground the local (continu

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CAN THIS MARRIAGE

continued

onald's. To my delight, she actual-ent a step further and suggested form a mothers' group and meet a week with their kids at one her's homes. Having a group to e feelings, swap advice and help another with baby-sitting was a endous lift to Megan's spirits self-esteem.

here were benefits for the mar-e, too. In time, she stopped dump-on Robert the minute he walked in door. Also, as she saw how other ten dealt with mothering dilem-, Megan realized she was being too l with Jessie. 'Okay, I confess; it's so terrible if she has birthday cake okies,' she said.

Once the general tension eased, we e able to focus on some long-stand-problems. Both Megan and Robert difficulty expressing themselves constructive way. Megan tended er to nag her husband incessantly seethe with rage for days, only to t later with a litany of complaints. ert was what I call fight phobic; id of expressing his own anger and res, he followed a pattern of peace-ny-cost.

To break this cycle, I told Megan if she was upset, she had to talk to ert right away in a nonconfronta-al manner. This was slow to hap-but as she started to feel better t herself she was able to focus on t was bothering her.

Then, too, since Megan was less ly, Robert found himself compli-ting her more readily on her han-g of Jessie. Robert also felt e comfortable speaking to her of own fears and insecurities about g a good father. Megan in turn able to reassure him that Jessie d and needed him and that he was g just fine. 'I can't believe it,' Me-reported at one session. 'The other Robert came home, put a sweater Jessie and took her for a walk. I n't even ask!' Once Robert started pend more time with his daughter, began to feel better about his fa-ing abilities.

Though Megan referred periodical-o Robert's weight problem, I pur-ly waited until he was ready to g it up, which he did after about weeks. 'I want to lose weight, but I 't want to go to any of those organ-diet classes,' Robert said. I advised first to have a complete physical, ch he did, and to ask his doctor for nsible diet he could follow on his . Robert's willpower amazed me: stopped piling on the bread and ets and began to take bags of cut-up vegetables to work to munch on all day. Slowly but steadily he started to slim down. Also, he joined a health club near the community center and began exercising during his lunch break.

"As his self-esteem grew, Robert also was more comfortable speaking up to his boss. When Robert told him he wanted to cut back on his hours in order to spend more time with his family, his boss agreed that Robert had been a valued employee for many years and he reworked the staff schedules. Now Robert works a longer day Monday through Thursday, but not at all on Fridays. Though money is tight, Megan and Robert hired a baby-sitter for every other Saturday afternoon so they can go out. Robert also promised to pare down the number of outside projects he volunteers for, 'but, knowing him,' Megan said with a smile, 'I won't hold my breath. The free time we've been having together, though, is much better.'

"The couple's sexual problems took about three months to clear up. I explained that it was quite common for sexual problems to occur after the birth of a child, and that Robert's bouts of impotency were due as much to the stresses of new fatherhood and his fear of hurting his wife as they were to the general strain in their marriage. To that end, as the general level of tension decreased, they both felt more like making love. But I also gave them some basic sex-therapy assignments to try at home. For instance, the first week, I wanted them to get in touch with their bodies and with what made them feel good: They were to shower together, hold each other in bed and give each other sensual massages without genital stimulation or intercourse.

"Robert, in particular, was so accustomed to trying to please his wife that he forgot to concentrate on his own pleasure, and this had developed into performance anxiety. To help him, during the second week I told them that Robert was to practice gaining an erection, allow it to dissipate, then try to bring it back but to abstain from intercourse. When I counsel couples with impotency problems, I wait for them to tell me they broke the homework assignment—that is, they were unable to abstain from intercourse. Robert and Megan told me this after the third week, and we talked about how to handle such issues from now on.

"This couple ended therapy after six months. The last time I saw them, Megan was toying with the idea of going back to work part-time. 'Megan's still conflicted,' Robert told me, 'but I want her to know that whatever she decides, I'm there for her.'" ■

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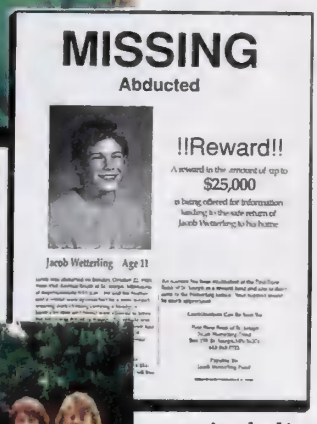
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"Have you seen my son?"







Above, the author wears the T-shirt and ribbon that are symbols of the search for her son (right). Below, the family in happier days

By the time you read this story, it may have a happy—or tragic—ending. But Ladies' Home Journal felt it was crucial to help the Wetterling family by making their plea as widespread as possible.

Last fall, eleven-year-old Jacob was kidnapped from our small Minnesota town by a masked man with a gun. Shocked by this terrifying crime, people from all across the country have joined in our family's desperate search.
By Patricia Wetterling

Sometimes when I'm in my son's room, I can almost feel his presence. The trombone he played stands in a corner; his schoolbooks are on the desk. Hockey, basketball and football posters decorate the walls—Jacob loves sports. I sit in that room and cry, pleading silently that the kidnapper who took Jacob will bring him home.

Even now, I can't believe what has happened to my son. Like every mother, I've always worried about my children's safety. But we don't live in a big city where crime is commonplace; we live in the little country town of St. Joseph, Minnesota. Here, people never locked their doors before, and children played outside by themselves without fear. It was a place where I thought my kids were always secure.

On October 22, the day Jacob vanished, my husband, Jerry, and I and our four kids—Amy, thirteen; Jacob, eleven; Trevor, ten; and Carmen, eight—spent the early afternoon watching a Minnesota Vikings game on TV. Later, Amy went to a friend's house to sleep over (the next day was a school holiday), and Jerry took the boys ice-skating.

Jerry and I had been invited to a housewarming party that evening. Since we wouldn't be gone long, we decided Jacob could baby-sit his younger brother and sister.

Jerry and I left for the party at seven. About an hour and a half later, Trevor called us to ask if he, Jacob and a friend, Aaron Larson, eleven, could ride their bikes to a convenience store about a mile and a quarter from home to rent a video. They would ask Rochelle Jerzak, a neighbor, to watch Carmen. My initial reaction was to say no; we had never before allowed our kids to go to the store alone at night. Then Trevor asked to talk to his father.

Jerry listened to the request and *(continued on page 28)*

Top photo, Steve Niedorf/Wheeler Pictures.

In 1906, Nancy Parmet told her husband she had to go to the hen house to check for eggs.

She managed to smoke an entire cigarette before Mr. Parmet realized she didn't have a hen house.





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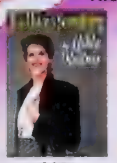


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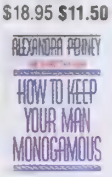
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LHJ 3/90

(continued from page 22) finally said, "If you ride together and come straight home, you can go. But wear white sweatshirts and take my reflective vest and a flashlight."

We had just finished dinner when the phone rang again; Jerry took the call. A minute later he rushed back into the dining room. "We've got to go," he told me.

"What's wrong?" I asked. "Aren't the kids back yet?"

"Jacob's gone," Jerry said.

"What?!" I cried. I grabbed my purse and we rushed out to the car.

As we sped home, Jerry repeated to me what Merle Jerzak, Rochelle's dad, had told him. Trevor and Aaron had run home from the convenience store, yelling that a man with a gun had taken Jacob. Rochelle called her father, and he called 911. The police were on their way.

As I sat there, numb, all kinds of horrible scenarios ran through my mind. Jacob could be raped or sexually abused—or worse. Please bring my son back home safely, I prayed.

The sheriff arrived at our house at about the same time we did. Jerry and I wanted to look for Jacob ourselves, but the sheriff assured us that the police were already doing that. The best thing for us to do, he said, was to stay home.

Trevor and Aaron told the police that they had been cycling home from the store when, about a half mile from our house, a man jumped onto the road in front of them. He was dressed in black, wore a nylon stocking over his face and had a gun. He ordered the boys to get off their bikes and throw them in the ditch, then he forced them to lie face-down at the side of the road. He asked their ages, then he told Trevor to run into the woods or he'd shoot. Next, he rolled Aaron over, looked at his face and told him to run, too. The last thing Trevor and Aaron saw was the man grabbing Jacob's arm. When they looked back, Jacob and the man had vanished.

As I listened to the frightening details, I started to cry. But I knew I couldn't allow myself to fall apart; I had to stay strong to help find Jacob.

The police officers told us that they were doing everything possible to locate our son. Within a half hour of Jacob's disappearance, they had sent out his description to other states. They had trained dogs out in the woods trying to pick up his scent, and the sheriff had called in a state-police helicopter with a spotlight. By midnight, the FBI had become involved. Jerry and I were grateful that the authorities responded so quickly, and we believed Jacob would be home by morning.

I called my mother, who lives in St. Paul, and she called my sister in Oakland, California. Later, they both came to stay with us. I also spoke to several friends in town and asked them to help look for Jacob. Jerry, who practices the Baha'i faith, which emphasizes the unity of mankind, phoned his fellow members and asked them to pray for our son's safe return.

At about one A.M., a good friend, Vern Iverson, arrived at our house. He sat down with Jerry and me, and we tried to figure out a way to reach as many people as possible to help us in our search for Jacob. Vern, who'd recently seen a TV news program on missing children, said we should publicize what had happened in hopes that someone might spot Jacob and call the police. Jerry and I agreed. By five A.M., Vern was calling local radio and TV stations, asking them to air reports of Jacob's disappearance immediately so people could be on the lookout for him on their way to work. Later, Vern called the national news programs. Within hours, our house filled with reporters.

Despite all the publicity that day, there was no word of our son. Jerry and I were devastated. The police had discovered tire tracks near the spot where Jacob had been abducted, and our biggest fear was that the kidnapper had driven to another state with Jacob.

During the next few days, the authorities questioned Jerry and me to try to determine whether the kidnapper was a stranger or whether he had targeted our family. They asked if we had any enemies or if Jerry, who is a chiropractor, had any disgruntled patients. We said no. Because Jerry is the president of the local chapter of the National Association for the Advancement of Colored People, they asked whether anybody in our predominantly white community might be angry enough about his involvement in the organization to abduct our son. Again we said no.

With those motives eliminated, the police believed that Jacob had been taken by a pedophile, a sex offender who preys on children. The authorities began compiling a list of potential suspects that reached thirteen hundred, including many men who had previously been convicted of sex offenses. But they didn't think the abductor had murdered Jacob, and they were hopeful for our son's safe return.

As the days dragged on, the waiting became harder and harder. Jerry and I were emotionally and physically exhausted, but we found it almost impossible to sleep or eat.

What kept us strong, though, was the support of our entire town and all the surrounding communities. Soon after Jacob's disappearance was announced, the residents of St. Joseph formed a group called Friends of Jacob Wetterling and raised $25,000 through donations as a reward for his safe return. The group made posters and fliers with Jacob's picture, and many printers offered to work on them free of charge. [As the *Journal* went to *(continued on page 32)*

BEHIND THE STATISTICS

Although stories like the Wetterlings' are frightening, abductions of children by strangers are rare. The majority of missing children, such as the ones pictured on milk cartons or public-service announcements, are more often runaways, "throwaways" (unwanted by their parents) or victims of kidnapping by a parent who has lost a custody battle.

But the National Center for Missing and Exploited Children—a nonprofit Virginia organization primarily funded by the Department of Justice—has recorded 511 cases of children abducted by strangers since 1984. Of the 270 who have been located, 112 were found dead. This is not a comprehensive figure, however; many cases are not reported.

Missing children are most often found within the first twelve months of abduction. With each succeeding year, the odds of finding a child diminish. Although children have been known to return as long as fourteen years after their kidnapping—as did the late Steven Stayner, whose story was dramatized on TV last year—such outcomes are not common.

The center has a toll-free number for those wishing to report cases or sightings of missing kids or to request free brochures on child protection and missing-child issues: 800-843-5678.

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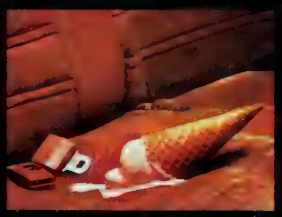
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A WOMAN TODAY

continued from page 28

press, a total of fifty-two million fliers had been distributed.] The group also distributed buttons and brochures bearing Jacob's photo.

Help came from across the state as well. The first week Jacob was missing, the 3M Company, in St. Paul, donated tens of thousands of white ribbons that people throughout Minnesota put on their mailboxes to symbolize the theme of our search: "Jacob's hope." Other companies helped by mailing out fliers. The governor of Minnesota, Rudy Perpich, visited our home to ask what he could do to help, and later he called in the National Guard to join the hunt for Jacob. At the end of October, singer Red Grammer flew to our town to perform a song he had written called "Listen," a favorite of Jacob's.

On October 26, as Jerry and I watched the news, we were astonished to learn that some Minneapolis businessmen were offering a $100,000 reward for Jacob's safe return within seventy-two hours. They had put a time limit on the money, hoping to get a quick response from the kidnapper. Jerry and I were thrilled. We began to believe that when the seventy-two hours were up, Jacob would be back.

The reward prompted dozens of phone calls. A police officer answered our phone, and callers who offered some kind of lead were transferred to the police station.

One night, when the officer picked up the phone, he was startled to hear the operator say, "Will you accept a collect call from Jacob?" Immediately, he took the call and recorded it.

The voice on the other end was faint. "This is Jacob," the person said.

"What?" the officer asked. "This is Jacob," the voice repeated, and then the line went dead.

I was beside myself with fear and frustration. The officer played back the tape for me, but the voice was so hard to hear that I couldn't tell whether it really belonged to my son. Later, the FBI determined that the call was probably a cruel prank. That was the closest we came to getting a response to the reward. (A second $100,000 reward offered a week later by the Lions Club of the town of Richmond also failed to get a response from the kidnapper.)

Jerry and I are still as determined as ever to find our son, but it's often hard to cope. I'm not the only one who cries. Jerry does, too. Like us, our three other children miss Jacob terribly. Amy is taking her brother's disappearance especially hard and spend a lot of time alone in her room. Trev believes what I do: Jacob will be ba Carmen is too young to understa what's going on; all she knows is th Jacob was taken by a "bad man" a that she wants him to come home.

No one can tell us when that mig happen. We've had some hopeful lea (fourteen thousand have been called to police thus far). The most recent i possible connection between Jaco abduction and that of another area b in January 1989 who was kidnapp sexually assaulted and then let go. T police describe his abductor as a wh male, forty to fifty years old and a proximately five feet eight inches ta The drawing they've released of h resembles a composite released earl in the investigation of a white man his fifties who was seen in the con nience store the night Jacob dis peared. In November, a man of simi appearance tried to abduct a nine-ye old boy in New Brighton, Minneso Thankfully, that boy got away safely

Another possible suspect include younger man with glasses who h tried to kidnap a ten-year-old boy fr St. Joseph last July. Finally, inves gators have been looking for links tween Jacob's case and an attemp kidnapping in November in Wiscons where a man wearing a ski mask costed a thirteen-year-old boy.

While investigators follow th leads, all we can do is wait—and ho that somewhere, someone will spot cob and call the police, or that the k napper will let our child go.

I want other parents to learn fr what we are going through—to reali how precious their kids are and keep them as safe as possible. I ur them to always report anything—anyone—that seems suspicious. I a ask them to take a good, hard look our society—a place where sick peo kidnap innocent children. In Minne ta alone, there are several hundr known pedophiles; many of them peat the same kinds of crimes aga and again. Why are they set free? W don't the laws protect our children and isn't it time that we do somethi about it?

My son—and my family—are v tims of a crime that has changed o lives forever. But our faith is far gre er than our anger or our pain. I w never give up on Jacob; in my hear feel we will get him back safely. I j hope that wherever he is, he knows are looking for him and that we l him very, very much.

If you have any information about J cob Wetterling, call the Stearns Coun FBI Task Force at 612-259-3981.





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Take time out to catch all that's current: makeup musts that take years off your looks, and understated, sensational styles

MEET THE JOURNAL READERS WHO'VE GOT WHAT IT TAKES TO BE MODELS. THESE OVER-THIRTY-AND-FABULOUS WOMEN WERE CHOSEN FROM OVER FIVE THOUSAND ENTRIES. FRONT AND CENTER IS OUR GRAND-PRIZE WINNER, BEVERLY HOLLISTER, SURROUNDED BY THE RUNNERS-UP. READ ON FOR THE SECRETS TO THEIR SUCCESS



The Dove/LHJ classic model discovery contest winners



Beverly Hollister

"Winning the Dove/LHJ contest was like receiving a gift on a silver platter—I was surprised and thrilled!" exclaimed thirty-six-year-old Beverly Hollister. When Beverly spotted the contest announcement in *LHJ*, she decided it was the perfect opportunity to try something different. Her family had just moved to Los Angeles, and Beverly thought modeling would be great fun. Her husband and thirteen-year-old daughter thought it was a super idea, too. How does Beverly maintain model-perfect looks? By taking great care of her skin (since she was twelve), using sunscreen daily (a must in sunny L.A.!), getting monthly facials and, of course, drinking lots of water. ▶

Photos, Nesti Mendoza. Hair, Stephane Lempire; makeup, Rex. All clothes, Anne Klein.



The Dove/LHJ classic model discovery contest runners-up

Lori Fraley

Although Lori's family was convinced she could be a model, Lori entered the contest on the sly and didn't tell anyone until she won! A thirty-two-year-old sales manager and mother, Lori is always on the run and relies on an easy beauty routine. Her dermatologist recommended Dove for her sensitive skin. To stay in shape, Lori rides her horse daily. Fresh air and sunscreen are the secret ingredients for her complexion perfection.





Barbara Rydz Roth

Barbara, thirty-nine, hails from Pleasantville, New York, and is a mom of three young children. She attributes her fabulous complexion to proper diet, exercise and taking care of her skin. Her best tips? She uses a gentle toner on her skin twice a day to keep it fresh-looking, and after cleansing she rinses her face ten times with warm water.

LaFoun Rawlins

When we told this thirty-three-year-old sales representative from Lexington, Kentucky, that she was a runner-up, she asked "Are you sure?" We were positive. LaFoun energizes before going to work by doing high-impact aerobics and applies eye cream twice a day. LaFoun has always dreamed of being a model, and she assures us that someday, somehow, she will!



Lana Chotin

This forty-six-year-old mother of two from Town & Country, Missouri, was so determined to model, she entered the contest for three years in a row! Well, her enthusiasm paid off. Lana and her husband are diamond consultants and jewelry designers, but Lana always makes time for exercise—she does low-impact aerobics five times a week and takes evening walks with her husband.

Look for entry information for this year's contest in the July issue!

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HIS CLOTHES, *her chic*

ARE YOU ALWAYS RAIDING HIS CLOSET FOR A BIT OF HABERDASHERY PANACHE? YOU'VE GOT THE RIGHT IDEA. MENSWEAR LOOKS HAVE ALWAYS BEEN THE STYLES OF CHOICE FOR FASHIONABLE STARS LIKE KATHARINE HEPBURN AND LAUREN BACALL. STRONG-SHOULDERED JACKETS, FULL PLEATED TROUSERS AND SLOUCHY CARDIGANS CAN BE SEXY AS LONG AS YOU WEAR THEM WITH PLENTY OF FEMININE FLAIR. WE'LL SHOW YOU HOW



Two great looks borrowed from the boys. Top: white cotton oxford shirt, Tommy Hilfiger; houndstooth vest, Cecilia Metheny; olive-and-brown check blazer, Basco; jeans, Forenza; red cashmere scarf, N. Peal. Right: yellow cashmere men's cardigan, N. Peal; white T-shirt, Hanes; gray flannel trousers and brown check jacket, J. Crew; silk scarf, Hermès; tweed cap, N. Peal. Details, page 241

The key to keeping men's clothing from looking too manly? Soften it up by showing off your shape. Pair a boxy man's jacket with leggings, skinny jeans or a slim, knee-baring skirt. Or team a suit vest with a long pleated skirt and a silky white blouse. Adding a dash of pastel is a perfect way to feminize menswear patterns. For instance, slip a lemon-yellow cardigan under a brown plaid jacket. Dress up the look with pretty accessories like ropes of pearls, a long antique locket, a silk scarf tied at the neck or draped over shoulders, an armful of charm bracelets. Remember, just because the clothes are his doesn't mean you can't wear them your own way. Roll up jacket sleeves, turn a collar up, cinch baggy trousers. Menswear sources: JC Penney, Sears and other department stores, men's specialty shops and sporting-goods stores.

Photos, Nesti Mendoza. Hair and makeup, Tony McAulay. Model, Donna Bunte of Pauline's.

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THE GOOD, THE BLAND AND THE OVERDONE!







SULTS ARE NOT ALWAYS PICTURE-PERFECT. SO WE ASKED NEW YORK MAKEUP EXPERT REX TO CRITIQUE OUR FAVORITE OVER-FORTY FACES

■ **BARBRA STREISAND** "Barbra's best feature is her eyes—she should dramatize them with more makeup and downplay the rest of her face. Also, she must use face powder—shine emphasizes her nose-to-mouth creases."

■ **GOLDIE HAWN** "Goldie's usually got a tan, so she doesn't wear much makeup, but her mascara is really a mess. To avoid dirty-looking eyes, she should brush on several thin coats, letting lashes dry thoroughly in-between."

■ **FARRAH FAWCETT** "Farrah has the classic sunny California look, but she hasn't changed her makeup much in the last decade. The major update I'd make is to substitute matte peach for the frosted highlight on her browbone."

■ **CANDICE BERGEN** "Clearly Candice is a woman who understands her face. Her neutral matte makeup is a good choice. The only change I'd make is adding just a bit of blush on her browbone—this is my trick for bringing out deep-set eyes. It works for everyone."

■ **CHER** "Cher is obviously a pro makeup artist herself because her makeup is perfectly blended. Since her eyes are wrinkle-free, she can use lots of color, even black eyeliner, which is quite unusual for women over forty."

■ **DIANA ROSS** "Diana's huge eyes can take enormous amounts of makeup, even under the eye. Nothing is too much for her dazzling look—glittery shadows, false eyelashes."

Rex shares his secrets

Rex's favorite clients are all women over forty. "At that age women are comfortable enough with their looks to make the most of them," he says. Here, Rex's pro makeup tips: ■ Always blot moisturizer and foundation after application to absorb excess and help makeup last longer. ■ If eye area is wrinkled, apply mascara on upper lashes only and brush on matte neutral shadow like taupe or gray (bright colors accentuate the problem!). ■ The same rule holds for lips—if you have deep nose-to-mouth creases, use soft, muted shades of your favorite lipstick. Add fullness to lips by outlining with a lip pencil in same shade as lipstick—this draws attention away from creases around mouth. ■ Have deep-set eyes? Avoid black liner. Softly define with brown, gray or plum. ■ The most important areas to apply concealer: between bridge of nose and inner-eye corner and around base of nose, where skin is often red. ■ A tired face will look fresher with pinker shades of makeup.



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Sharon splurges for an on-sale suit at Ann Taylor, $151.09. In a sophisticated black-and-white check of lightweight wool, it's a real year-round classic

WHAT WOULD THOSE-IN-THE-KNOW BUY ON A SHOPPING SPREE? WE GAVE TWO FASHION PROS $300 EACH AND LET THEM LOOSE IN A CONNECTICUT MALL. HERE'S WHAT THEY BOUGHT, PLUS THEIR TRIED-AND-TRUE TIPS

HOW TO SHOP LIKE A PRO





Above: Sharon considers the turtlenecks at Ann Taylor but decides to look for cheaper ones elsewhere. Right: Comparison shopping turns up bright pink and green turtles on sale at Rave—two for $14! She also buys a black cotton jumpsuit for $12.99

Meet our two shopping stars: **Sharon King Hoge,** a consumer reporter whose job is to help people spend their money wisely, and **Vanessa Boren,** a New York City fashion stylist who regularly scouts the market for editorial and advertising fashion photography. Both are experts but have different shopping styles and different tastes. Sharon is a comparison shopper. While searching for a specific item she'll dash from store to store until she finds exactly what she wants for the lowest price. While we were shopping with her, she found a chiffon skirt for $60 (too high, she thought), looked around a bit and found another for $38, and looked some more until she spotted one for $34. Vanessa has one rule: Quality counts. She used to buy anything that caught her eye, but she has since learned to be more choosy. Now she looks for quality at a good price—but she's willing to spend more for season-spanning items in classic colors. We watched the two of them at work at the *(continued)*


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Sharon picks up a black chiffon skirt at Scribbles, $34, to go with the black chiffon top, $32, she found at Lerner's. She wore them to a party for Malcolm Forbes that night



At Chop's, Sharon goes for a Chanel-inspired purple cardigan, $15.99. She holds it up to the pink rayon blouse she picked up at Lerner's for $16.99, to see how they look paired together



Sharon buys tank tops all the time—she loves wearing them under suits. Black and pumpkin tanks are a bargain at Jean Country at only $7.99 each



Last stop: Victoria's Secret, where Sharon spends her last few dollars on a pretty, sweet-smelling sachet to tuck in her lingerie drawer



Vanessa buys her wardrobe musts at Laura Ashley: a short-sleeved cream wool sweater for $65.60, and a black lamb's-wool cardigan for $93.60. She rejects the hat

(continued) Danbury Mall, in Danbury, Connecticut, where they taught us a trick or two.

■ Frequent visits to your favorite stores will yield the greatest savings. Get friendly with store managers and salespeople—they'll tell you when new shipments arrive, alert you to sales and even call you when an item you want has been marked down.

■ Know which stores carry the brands or designers you like.

■ Be sure to check sizes other than your usual. One designer's size six may fit an eight.

■ Carry small fabric swatches from the inside seams of items you want to match. They're especially useful in stores that don't take returns or when on-sale items are nonreturnable.

■ Be prepared to try on clothes easily and quickly if you plan to do a lot of shopping. Wear a pullover and leggings or a pull-on skirt. Avoid too many layers.

■ When you enter a store, always check the sale rack first, not last.

■ Buy underwear and pantyhose by the dozen when you find what you like at a good price.

■ Don't wait until you need something to shop for it. Buy on sale—you'll have the item when you need it, and you'll save money and aggravation.

■ Open store charges where you shop most often. You'll get advance notice of sales.

■ Scout boutiques to see what the trends are and how much they cost before searching for the same looks at lower prices.

■ Be prepared to spend more time shopping to spend less money. While spotting bargains is sometimes pure luck, you can track specific items if you comparison shop.

■ Go for quality over quantity. One great jacket is a better buy than a suit and blouse of lesser quality at the same cost. *(continued)*

SHARON'S BUYS

black-and-white wool suit,	$151.09
black chiffon skirt,	$34.00
black chiffon top,	$32.00
pink rayon blouse,	$16.99
black cotton jumpsuit,	$12.99
two turtlenecks,	$14.00
purple cotton/ ramie sweater,	$15.99
two cotton tank tops,	$15.98
sachet,	$7.02
Total:	**$300.06**

VANESSA'S BUYS

cream wool sweater,	$65.60
black lamb's-wool cardigan,	$93.60
black wool leggings,	$36.00
giant pearl clips,	$29.12
pink suede gloves,	$49.12
lingerie,	$26.50
Total:	**$299.94**

The secret of smooth shoulders.

By Cheryl Bailey

I was eighteen when I made my debut. The evening before the Governor's Ball, Mother came into my room and gave me the most exquisite necklace. 'It was your grandmother's,' she said. Then, looking at my dry neck and shoulders, she continued: 'Now darling, don't take offense, but here's a little secret.' She handed me a jar of Vaseline® Petroleum Jelly. Because Mother was a doctor, she tried explaining how it works: something about forming an occlusive barrier that locks in moisture. 'Rub this in before you go to bed and again in the morning,' she said. 'Tomorrow night your skin will be smooth as porcelain.' Of course, she was right. Even now, all these years later, I can't help noticing shoulders. Last month, I gave my daughter the necklace. (That's her on the right.) I also gave her a little jar of Vaseline® and some motherly advice.

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Clinical testing proves Vaseline Petroleum Jelly moisturizes dry skin better than Revlon Moon Drops* Moisturizer by providing continuous and cumulative visible relief when used regularly.*

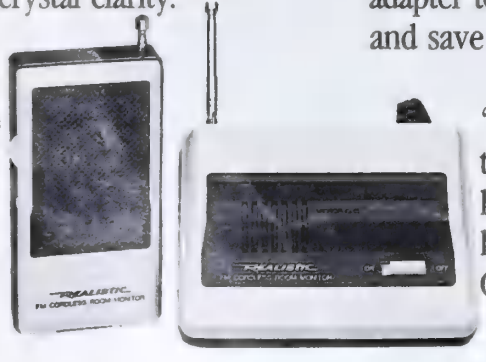


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(continued)

■ Try to buy items made of year-round fabrics like silk, viscose and cotton. Twills and textured weaves are warm even in the winter.

■ Ask yourself before you buy: Is the style extreme or versatile? Do the style and color go with my wardrobe? Does it look good with at least two items I already own? Does it fit?

■ Look for quality details: fine-tooth plastic zipper in nearly invisible placket; bound buttonholes; shoulder pads that follow the line of your body; generous pleats, tucks and seams; patterns that match at seams and pockets.

■ Synthetic fibers can enhance quality, but search out blends in which the feel of the natural fiber dominates.

■ You needn't feel indebted to helpful salespeople. You don't have to buy clothing just because a salesperson took time to look for your size in the stockroom.

op, Ann Tay-
ere Vanessa
ers a wool
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s a couple of
ut accessories
l: pink suede
for $49.12
nt pearl ear-
for $29.12



haron,
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$26.50



ARON'S SHOPPING SECRETS

olurge on black or gray basics. Add color with less-expensive items. ■ *Buy 'robe staples at a higher-quality store (such as Ann Taylor) and buy trendy : at low-cost stores.* ■ *Shop with a calculator to keep track of purchases. ron's watch has a built-in calculator; it's her number-one accessory.)* ■ *Go e same mall consistently. You'll save time when you know where the stores ocated.* ■ *No matter how tempting, never buy the first thing that you see.*

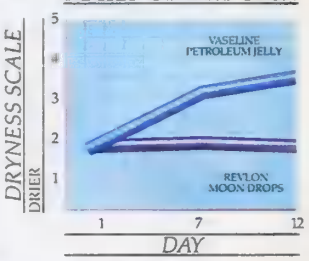
VANESSA'S BEST BETS

■ *If you're an impulse buyer, make a list of what you really need before you go shopping so you stay in control.* ■ *Stick to one or two neutrals—especially black and white—for your core of clothes.* ■ *Use accessories to add a splash of color and express your individual style.*

The Miracle Explained.

From a scientist's point of view, Vaseline® Petroleum Jelly is not as simple as it appears. Its molecular structure consists of a highly complex combination of straight, long and branched-chain molecules. When applied, it forms an occlusive barrier that lets dry skin actually remoisturize itself. Because it's noncomedogenic, it cannot clog pores or cause blemishes. As a moisturizer for any part of your body, it is unsurpassed.

RELIEF OF DRY SKIN



The graph from a recent clinical test shows that when used regularly, Vaseline Petroleum Jelly provides significantly more improvement than Revlon Moon Drops* moisturizer in continuous and cumulative visible relief of dry skin.*

The Ultimate Moisturizer.™



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diet

NUTRIPOINTS meal makeover

Lose weight and boost nutrition with a few simple diet changes. These special menus and recipes make it easier than ever before



A filling and nutritious Nutripoints day includes spinach salad with balsamic-vinegar dressing (left) for lunch; and grilled salmon with yellow-pepper sauce (top right) for dinner

The revolutionary Nutripoints program, which we introduced to you last month, is scientifically formulated to give you the maximum amount of nutrients for the minimum number of calories. It's the single most important step you can take to improve your overall sense of well-being and your long-term health. Exercise works the body; food *makes* the body. It's very clear: You simply can't function at your best if you don't eat the best foods. Of course exercise is important, but if you don't improve your nutrition, your other efforts toward a healthful lifestyle will be all but negated.

By Roy E. Vartabedian, M.D. and Kathy Matthews

With Nutripoints, it's easy to make big improvements in your nutritional makeup without radically changing what you eat. Most people take in too many unhealthy fats and useless calories. This can add up to a poor nutritional bargain: fewer nutrients than your body requires at a cost of needless calories. By using the Nutripoints program, you can get the nutrients you *(continued)*

From the book NUTRIPOINTS: THE BREAKTHROUGH POINT SYSTEM FOR OPTIMAL NUTRITION by Dr. Roy E. Vartabedian and Kathy Matthews. Copyright © 1990 by Dr. Roy E. Vartabedian and Kathy Matthews, Inc. Reprinted by arrangement with Harper & Row Publishers, Inc.

Neither the Nutripoints concept nor this book is sponsored by or affiliated with Nutri/Systems, Inc., or Nutri/Systems Weight Loss Program.


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Promise
Get Heart Smart.™



(continued) need daily in fewer calories, thus enjoying a more nutrient-dense diet. And you can usually achieve this without noticeably cutting the amount of food you consume.

Nutripoints in a nutshell

With Nutripoints, reaching optimal nutrition is easy. No need to count calories or weigh the pluses and minuses of different foods. We've done all the figuring for you. In fact, we've evaluated twenty-six factors to come up with one number for each food. The higher the Nutripoint score, the more healthful that food is.

Simply choose the foods you like that add up to one hundred Nutripoints a day. If you tally up more than that, terrific—the higher the score, the better. To ensure a well-balanced diet, you must select from the six Nutrigroups to reach one hundred points, and you must stay within the recommended number of servings. Here's a chart to help you visualize the plan:

	Servings	Nutripoints
Vegetables	4	55
Fruits	3	15
Grains	2	10
Legumes	1*	5
Milk/dairy	2	10
Meat/poultry/fish	1	5
Total		100

**You may substitute a meat serving at first, until you're accustomed to eating legumes.*

Take a look at the Nutripoint Makeover, above right. You'll see that both the "before" and "after" menus *seem* to provide a well-balanced diet. But notice the enormous difference in scores! Foods and recipes high in Nutripoints, such as those in the revamped menu plan, are better nutritional bargains—more vitamins and minerals with fewer calories, fats, cholesterol, salt and sugar.

The first meal plan offers some foods that are good for you—tuna fish and roast chicken, for example. So what brings down the total score? It's the hidden amounts of fat, sugar and salt used in preparation.

Some foods are intrinsically low in Nutripoints. For example, alcohol, coffee and butter all have negative points. Alcohol rates very poorly because it's high in calories and completely devoid of nutrients.

These menus are just examples; you can easily plan your own meals. To upgrade your diet and get more nutrients per calorie, make a few simple changes. Here's a list of substitutions for each food group to get you eating the Nutripoints way.

The makeover in action

You'll be amazed at how little it takes to make over your meals and attain ideal nutrition.

BEFORE

DAY 1	NUTRIPOINTS
Breakfast	
1 blueberry muffin	0.0
1 cup coffee	-3.5
Snack	
6 oz. cherry yogurt	2.0
Lunch	
tuna salad sandwich on white bread	3.0
sweet pickle	-5.0
½ cup coleslaw	3.0
12 oz. diet cola	-2.5
Dinner	
frozen Oriental beef dinner on noodles	6.0
½ cup green beans	12.0
½ cup pineapple in syrup	2.0
TOTAL	17.0

DAY 2	NUTRIPOINTS
Breakfast	
1 croissant	-2.5
1 cup coffee	-3.5
Lunch	
1 cup chef's salad	-3.0
2 tablespoons Italian dressing	-2.5
Snack	
½ cup frozen peach yogurt	2.0
Dinner	
4 oz. roast chicken	4.0
1 small baked potato	8.5
½ cup cooked carrots	30.0
½ cup green peas	7.0
6 oz. red wine	-14.0
TOTAL	26.0

AFTER

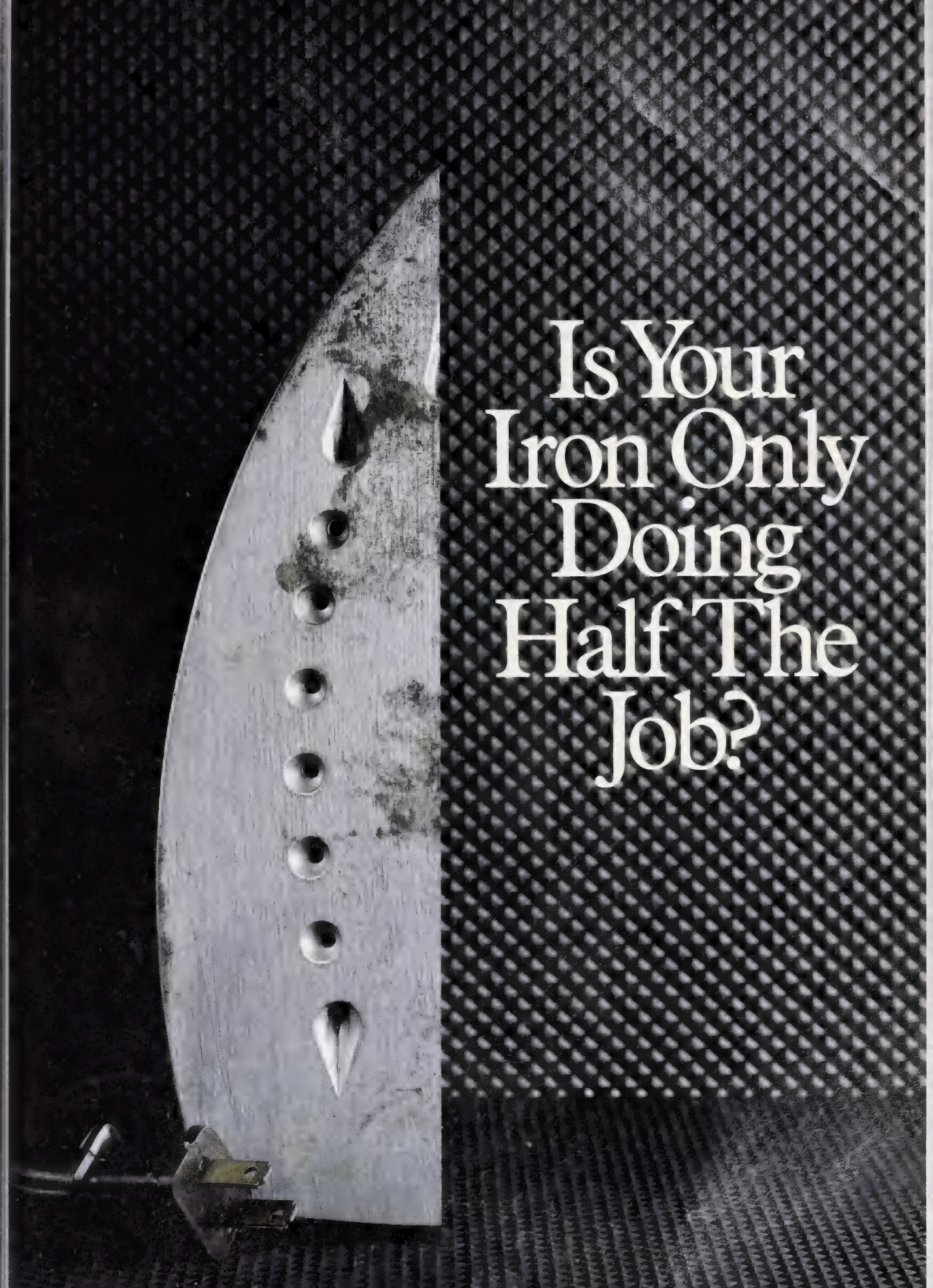
DAY 1	NUTRIPOINTS
Breakfast	
1 whole wheat bagel	4.0
¼ cantaloupe	29.0
1 cup nonfat plain yogurt	9.0
Snack	
1 orange	13.5
Lunch	
2 cups mushroom-spinach salad*	65.0
2 tablespoons balsamic dressing*	2.5
1 cup black bean soup OR 4 oz. baked lean ham	5.0
2 slices whole-grain bread	5.0
Dinner	
3 oz. grilled fish with yellow pepper sauce*	13.5
6 steamed asparagus spears	27.0
½ cup raw carrots	35.5
1 cup skim milk	9.5
½ cup fresh pineapple	8.0
TOTAL	226.5

DAY 2	NUTRIPOINTS
Breakfast	
1 cup whole wheat cereal	12.0
1 cup strawberries	19.0
1 cup skim milk	9.5
Lunch	
1 cup wild rice soup*	10.5
1 cup watercress with balsamic dressing*	52.5
½ grapefruit	13.0
Snack	
1 cup nonfat yogurt w/ a banana	16.5
Dinner	
1 Cajun chicken sandwich*	5.5
½ cup steamed broccoli	24.5
1 cup black-eyed peas	8.5
TOTAL	171.5

(*Recipe given)

Instead of:	Eat:
iceberg lettuce (18)	spinach (53.5)
mushrooms (32.5)	broccoli (53)
mashed potatoes (1)	baked potato (8.5)
apple (4.5)	cantaloupe (29)
cherries (7.5)	strawberries (19)
grapes (4.5)	papaya (20.5)
oatmeal (5.5)	100% bran cereal (31)
bagel (2)	whole wheat bread (6)
pepperoni pizza (-2)	plain pizza (1.5)
refried beans (2)	green peas (14)
three-bean salad (1.5)	lentil soup (5.5)
mixed nuts (-1.5)	sunflower seeds (4.5)
egg (-12)	egg substitute (17.5)
heavy cream (-7)	evaporated skim milk (9)
mozzarella (-3.5)	low-fat mozzarella (0.5)
meat loaf (-0.5)	lean round steak (4)
fish sticks (-1)	canned tuna in water (8)
bologna (-0.5)	turkey slices (3.5)

As a bonus to the Nutripoints plan, we've provided four delicious and *(continued on page 55)*


Is Your
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Doing
Half The
Job?

The Advanced System Iron.
Think Of It As Twice The Iron You Now Ow



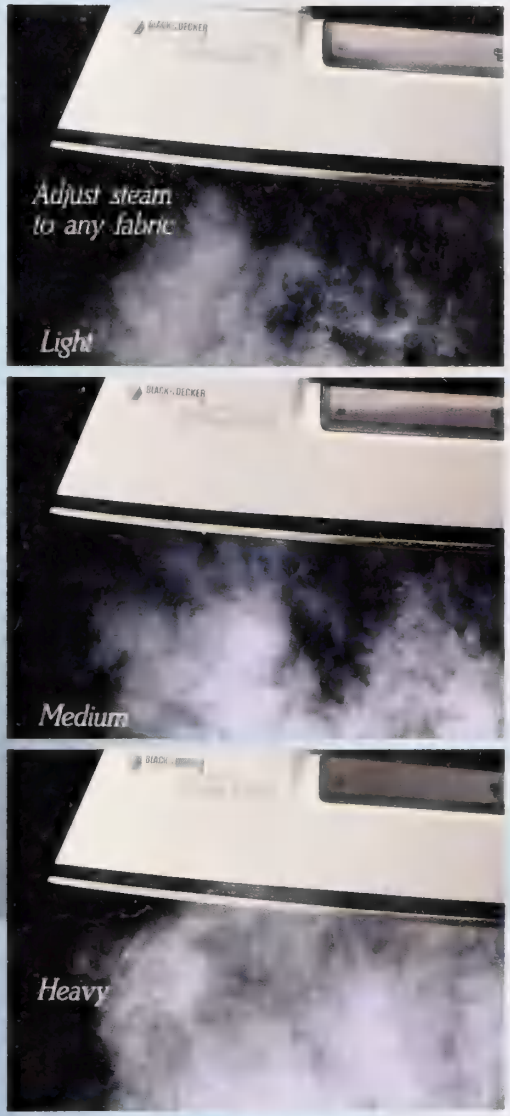
At Black & Decker, we're committed to
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So we've specifically designed the Advanced
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AVE YOU EVER HAD TO IRON THE SAME SPOT TWICE?

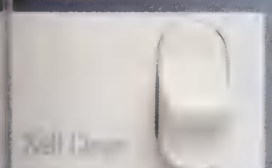
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that doesn't let you control
amount of steam. The
anced System Iron, on the
r hand, offers a choice of 3
ngs: Light for delicate fabrics.
lium for regular fabrics like
on and lightweight wool.
vy ssteam for difficult-to-
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But perhaps the PowerPro's greatest strength is how it can help you with your everyday cleaning.

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The PowerPro™ Dustbuster Plus™ vac from Black & Decker. It's an idea whose time has come. Again.

BLACK&DECKI

*Attachments shown included with model DB5000. Wet pick-up available with selected models.

(continued from page 50) satisfying recipes. They're high in vitamins and minerals, low in calories.

Wild rice soup

Prep time: 30 minutes
Cooking time: 45 to 55 minutes

- 1 tablespoon margarine
- 1 cup finely diced leeks
- 1 cup finely diced onion
- 1 cup finely diced carrot
- 1 cup finely diced celery
- 1 cup finely diced red pepper
- 2 tablespoons flour
- 3 cans (13¾ or 14½ oz. each) low-sodium chicken broth
- ⅔ cup wild rice
- 1 tablespoon dry sherry
- ¼ teaspoon salt
- ¾ cup evaporated skim milk
- 1 teaspoon chopped parsley, for garnish

Heat margarine in medium Dutch oven over medium heat. Add leeks, onion, carrot, celery and red pepper. Cover and cook until vegetables are translucent, about 7 minutes. Reduce heat to low; add flour and cook, stirring constantly, 3 minutes. Gradually stir in chicken broth. Add wild rice, sherry and salt; cover and simmer until rice kernels are swollen and tender, 45 to 55 minutes. Add evaporated skim milk; cook until heated through. Garnish with parsley. Makes 8 cups.

Grilled salmon with yellow pepper sauce

Prep time: 25 minutes
Cooking time: 8 to 10 minutes

- 2 large yellow peppers
- 3 tablespoons extra-virgin olive oil
- 2 shallots, chopped
- 3 garlic cloves, minced
- ½ cup dry white wine
- 1½ tablespoons fresh lemon juice
- ¼ teaspoon dried thyme
- ⅛ teaspoon white peppercorns
- Salt and freshly ground pepper
- 4 salmon or swordfish steaks (4-5 oz. each)
- Thyme sprigs, for garnish (optional)

Prepare grill or preheat broiler. Grill or broil peppers, turning, until charred on all sides. Transfer to bowl, cover and let stand just until cool enough to handle. Peel and seed. Transfer to food processor.

Meanwhile, heat oil in small saucepan over medium heat. Add shallots and garlic and cook 1 minute (do not brown). Add wine, lemon juice, thyme and peppercorns. Cook until liquid is reduced by half. Strain liquid into food processor with yellow pepper and ½ teaspoon salt. Process until smooth.

Sprinkle salmon steaks with salt and freshly ground pepper. Grill or broil 4 to 5 minutes per side.

Spoon yellow pepper sauce evenly onto 4 serving plates. Garnish with thyme. Makes 4 servings.

Cajun chicken sandwich

Prep time: 20 minutes plus marinating
Cooking time: 4 to 6 minutes

Marinade

- ¼ cup red wine
- ¼ cup teriyaki marinade
- ¼ cup water
- ¾ teaspoon freshly ground pepper
- ¾ teaspoon white pepper
- ¾ teaspoon ground red pepper
- ¼ teaspoon thyme
- ½ teaspoon minced garlic
- 4 boneless, skinless chicken breast halves (4 oz. each), pounded ¼-inch thick
- 1 tablespoon nonfat plain yogurt
- 1 tablespoon reduced-calorie mayonnaise
- 8 slices whole-grain bread, toasted
- 2 cups coarsely shredded lettuce

Marinade: Combine all ingredients in bowl. Add chicken; toss to coat. Cover and let stand 30 minutes.

Prepare grill or preheat broiler and broiler pan. Combine mayonnaise and yogurt; spread on one side of each toast slice. Top half the slices with shredded lettuce.

Lightly oil grill or broiler pan. Grill or broil chicken 4 inches from heat source 2 to 3 minutes per side, until just cooked through. Arrange chicken on lettuce; top with remaining toast. Makes 4 sandwiches.

Spinach salad with balsamic vinegar dressing

Total prep time: 15 minutes

Dressing

- 4 tablespoons buttermilk
- 2 tablespoons balsamic vinegar
- 1 teaspoon sugar
- Salt and freshly ground pepper

- 6 cups spinach leaves, chopped
- 8 fresh mushrooms, sliced
- 4 radishes, sliced
- 1 tomato, sliced

Dressing: Combine all ingredients in bowl. Makes ⅓ cup.

Divide vegetables equally among 4 salad plates and drizzle 1 tablespoon dressing on each. ■



No boring diet plates—instead, tasty Nutripoints recipes: Wild-rice soup (top) and a Cajun chicken sandwich (bottom right)

Roy Vartabedian is executive director of in-residence wellness programs at the Cooper Clinic Aerobics Center, in Dallas. Kathy Matthews is the co-author of four books, including the best-sellers "Maximum Metabolism" and "Medical Makeover."

How could I be so blind?

You wonder how you ever overlooked your husband's faults. A trusted friend suddenly betrays you. Does this mean you're a bad judge of character, or is it simply part of the disillusionment we all must learn to face?

By Roberta Grant

When Janet married Frank, she believed she was getting a man who adored her, who was kind, generous, a wonderful friend and terrific lover. Most important, he was nothing like her father. Frank had *time* for her; they were always going on romantic picnics or to the movies. Janet looked forward to a blissful family life and helping Frank start his own restaurant.



Two years later, however, Janet was desperately unhappy. "Frank's never home," she complained to her best friend. "He's at that restaurant from dawn until midnight, and sometimes he even sleeps there. I've tried talking to him about it, but he insists he's doing what's best for *us*.

"During our courtship," Janet continued, "Frank seemed to have plenty of time for me. But now I see that I married a workaholic just like Dad. How could I have been so blind?"

Discovering that the perfect man we married is not so perfect after all may cause us much anger and pain. We berate ourselves: Why weren't we able to see these deficiencies before? Was he just a good actor? Or were we so in love that we didn't allow ourselves to see him objectively?

This blindness to the reality of others occurs most dramatically when we fall in love but can also play a role in our relationships with friends, family and office colleagues. *(continued)*

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■ BE SO BLIND
continued

Even though we know that "everybody's human," we're often tempted to classify people as good or bad and to assign larger-than-life qualities to certain individuals. When they let us down, we feel betrayed.

Imperfect perceptions

Psychologists say we often see someone—especially a new lover or spouse—in an overly positive light because we unconsciously assume that he or she is going to heal an old emotional wound. "We're often drawn to people who are like our parents, especially a negative parent," says Manhattan psychiatrist Richard Robertiello, M.D. "There is a tendency to want to replay the past and make it come out right."

This was the case with Janet. She thought she was marrying a very different type of man from her father, but unconsciously she was drawn to what was familiar, hoping to achieve a different outcome. "We often confuse being in love with getting our childhood needs met," says Pepper Schwartz, Ph.D., a sociologist and the co-author of *American Couples* (Morrow, 1983). "It may masquerade as love, but it can be something else entirely.

Janet considered divorce. But loved Frank, and she knew tha love for her, however misguided, genuine. They decided to get cou ing. It was not long before Frank to see that time spent together w important to a marriage as fina success. He learned to fight his w holic tendencies, and he became a ter husband.

When trust is betrayed

The impulse to write a happy er to our childhood scenario can ex beyond love into friendships and workplace. At thirty-six, Sharon becoming depressed about her jo an account supervisor at an adve ing agency in the Midwest. Rece passed over for a promotion, Sh knew she wasn't performing at capacity, and she missed her exc career-girl days in New York City

When her agency hired anothe count exec, Naomi, Sharon revvec Naomi was from Manhattan, sophi cated and briskly authoritative, w wisecracking sense of humor. Sh found herself enjoying going to more than she had in a long time. was especially pleased that Na sought out her opinions and comm ated with Sharon's feelings of fru tion and inadequacy.

Soon Sharon was so energized Naomi's continual interest that sh veloped a renewed enthusiasm for job. She began to sketch out her i for a campaign to attract new clie But when she showed them to her friend, Naomi pursed her lips. "Wh the matter?" asked Sharon. "I'm sure," replied Naomi. "Let me tak home, and I'll look at it again tonig

At the office the next day, Na was curt and distant. She wasted time telling Sharon that her idea similar to something she, Naomi, been working on and had already cussed with the vice-president of sa So there was really no point, she s in Sharon's pursuing her own pro Sharon left Naomi's office with firm belief that her "friend" had ap priated her ideas.

At home that evening, Sharon wounded and betrayed. "How cou have been so blind?" she asked husband, Michael. "I trusted Naon thought we were friends. But she just using me."

Indeed, Naomi's brand of insince is typical. While she had appeare be shoring up Sharon's self-confide she kept up the act only as long Sharon was down on her luck. W Sharon actually began to take prid her work and show some initiat Naomi pulled back and *(continu*



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BE SO BLIND
continued

became critical and undermining. Sharon came to another realization—Naomi acted just like Sharon's mother. In fact, Sharon had such a powerful and blinding attraction to Naomi precisely because her own mother had been very judgmental and critical of her, thus undermining Sharon's confidence.

Why things go wrong

Often we don't want to see the flaws in those we care about because of our own low self-esteem. If a woman feels awkward socially, she'll idealize that glamorous creature who's always the center of attention.

Such idolization is normal in childhood, says Pepper Schwartz. "When we're small, Mommy and Daddy can do no wrong. As we grow older, we disengage from this blind loyalty and come to see them more objectively." We learn that even heroes and saints have human flaws. Then, in our adolescent years, the process recurs: We're apt to fall in love and place the loved one on a pedestal.

In some ways our society actually encourages us to play this game: We're always told to look on the bright side and not to dwell on the less-pleasant aspects of human behavior. Not Schwartz, "It gives us happiness think of someone who embodies tho qualities that we most admire. And a society, we are taught to respect even idolize— authority and achiev ment figures. We're encouraged to a mire the realtor who sells the mo houses and overlook the fact that may neglect his family."

In some ways, women are mo prone than men to this type of myop "I think that women love to lov Schwartz adds. "We like to be kir affectionate and open. We also wa life to be nicer than it is. We do want to face the fact that people a partially good and partially bad."

According to Emily Marlin, M.S.W past president of the New York Asso ation for Marriage and Family Ther py, a naive Pollyanna approach to li shouldn't be condemned as neurotic sick, but it can be a crutch—if we id alize someone, then we don't have confront any negative issues. "A lot people are afraid of expressing neg tive emotions or even having negati feelings," she says.

The moment of truth

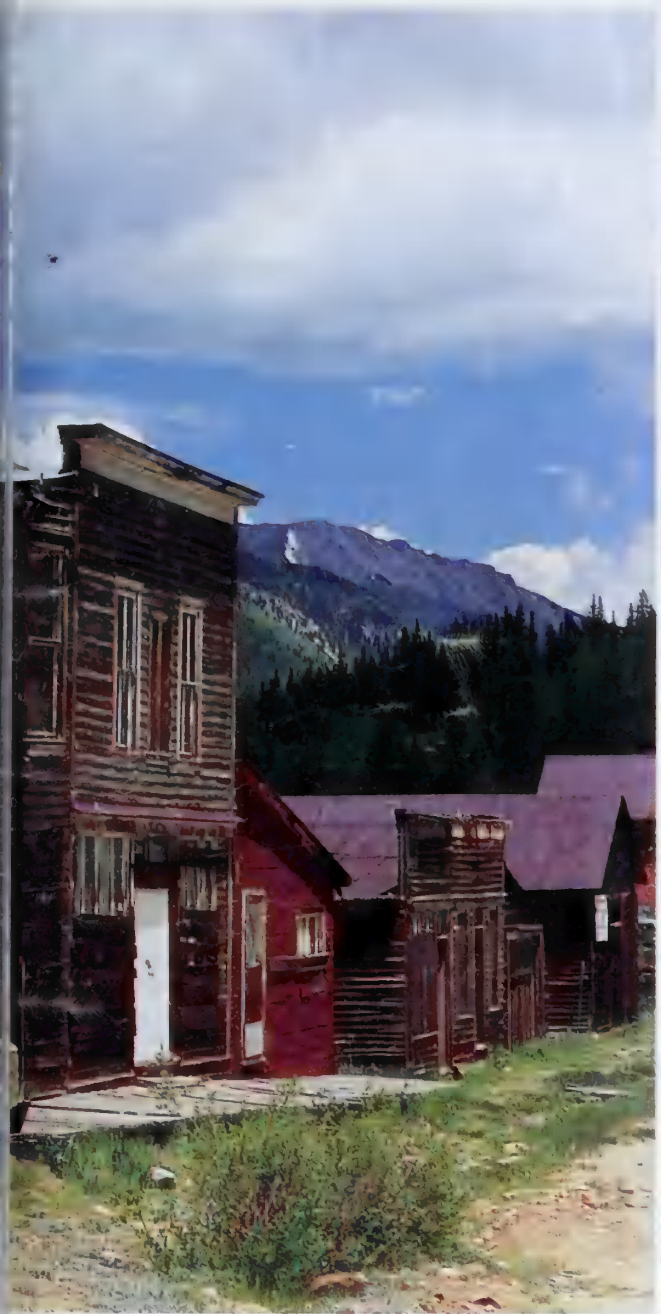
We're perhaps most vulnerable wh we meet people—everyone's on his be behavior. So in the honeymoon pha anyone can fall prey to the blandis ments of an insincere lover or pred tory co-worker. It takes time—at lea six to eight months—and hard work really begin to know another perso and ourselves in relation to him or he

Georgia, thirty-six, was divorc and had been dating Stan for a yea She knew that he was fairly self-a sorbed and drank a little too much parties. But she accepted these fla because he was successful at his wo and generally affectionate with h and her two children. One evening at party, however, Georgia was called the phone. It was her baby-sitter, sa ing that Kerry, her youngest, had severe stomachache. She was taki her to the hospital and asked Georg to meet her there. When Georgia to Stan they'd have to leave immediate he was in the middle of expounding h pet political theories to a small cro of people. "You don't need me, do you he asked Georgia with his most char ing smile. "I'm sure Kerry will be fi Why don't you take the car, and I meet you back at your house?"

Georgia did just that, but when St arrived later that night, she told hi their relationship was over. The in dent made her realize that any m who could not set aside his own love attention for the needs of a sick chi was not someone she wanted to with.

(continue

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BE SO BLIND
continued

"It usually takes some kind of crisis in your life to see someone in a realistic way," says Marlin, "and to see how emotionally available that person is to you. That's the test."

Handling the hurt

When a woman's eyes are forced open regarding another person, it's important that she not blame herself. "Instead of seeing it as failure, see it as an opportunity to learn something about yourself," says Marlin. "First, look back and ask yourself what the clues were to the person's true identity. Pinpoint the giveaways—things the person said or did—that you didn't notice or let go by, and make a list of them.

"Remember," she stresses, "there was a reason you felt compelled to see this person in a positive light. If you can figure out what it is and understand it, then you can work on changing your behavior toward that person. You are no longer dealing with the mythical character, but the real one, and now you can make real choices."

It may be easy to eliminate some people from your life if you don't *have* to spend time with them, but what if a relative or business colleague is involved? Sharon, for example, had to continue to deal with Naomi every day, but she made sure that a few well-placed and trustworthy colleagues knew the truth about what had happened. She also began to work with her eyes wide open—making sure her superiors knew exactly what her contributions were to subsequent projects.

Family members are a different story. Erica, thirty-nine, an editor, had always revered her older sister. Anne was happily married to funny, successful, handsome Tom, with two golden children and a very glamorous job in publishing. Anne had always looked out for Erica, and as a teenager, she'd served as her younger sister's role model: cheerleader, valedictorian. In Erica's mind, Anne could do no wrong.

So imagine Erica's shock when over lunch one day Anne confessed that she was having an affair with one of colleagues. "But you and Tom . . ." Erica sputtered. "I always believe what you see," Anne answered wryly. "I been having affairs for years. I just never had the nerve t anyone, or to do anything about it until now."

Because she had always worshiped her older sister, I felt betrayed by the revelation that Anne's image was fla She'd wasted years comparing herself unfavorably with sister, thinkin could never liv to her example spite her di sionment, Eric tened as spelled out her trations with and the con she lived with daily basis. also learned Anne's job w just exper lunches—her s described poli battles and difi colleagues.

As Erica beg see Anne on a realistic level, began to feel b about her small triumph life. She was able to provide sister with genuine emoti support instea blanket adulat

20/20 hindsight

If we remind selves not to overly impre with someo competence charm, we st a much gre chance of kee our balance in relationsh "Many people's ents may ex ours, but of them are fect," Schwartz minds us. Psych gists also cau that we must fight against our yearning to be taken ca by authority figures. Most important, we must learn accept that people are often deeply flawed; even the wonderful have their truly awful moments.

"Viewing things in black and white seems easier more practical, but most of life comes in shades of gr says Emily Marlin. "If you're not willing to see that, yo really missing a lot."

Roberta Grant is a free-lance writer based in Manhattan

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Nightmares can be good for you

The warm milk was soothing, the flannel sheets feel soft. You sink into bed and drift away.

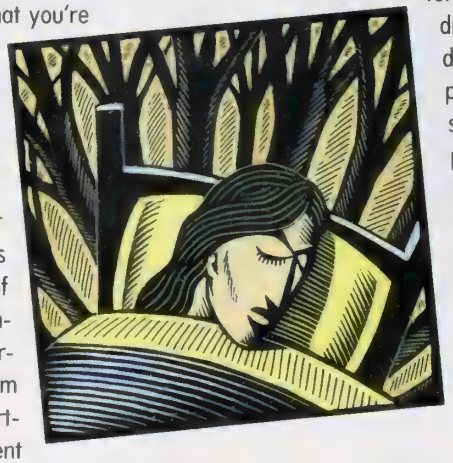
But instead of calming slumber and peaceful dreams, you confront a scary scenario: You're racing down a dark alley with something faceless in pursuit. It closes in, you scream and . . .

Phew! Only a nightmare. Or was it?

For Sigmund Freud, who penned the 1900 landmark study *The Interpretation of Dreams,* nightmares were an expression of people's darker, primitive side. But some experts now believe they're the psyche's means of unearthing—and sometimes resolving—life's conflicts.

"Nightmares mirror how the mind is functioning," says Milton Kramer, M.D., director of the Sleep Disorder Center at Bethesda Hospital, in Cincinnati. "Sometimes we're more troubled than we realize. Nightmares can help us identify that something is bothering us."

Moreover, a recurring bad dream can be a warning. "Each of us keeps a memory bank of a few key dreams and nightmares prompted by events that irk us," explains Rosalind Cartwright, Ph.D., director of the Sleep Disorder Service and Research Center at the Rush-Presbyterian–St. Luke's Medical Center, in Chicago. "A repetitive nightmare is a symbol that you're doing that dumb thing again, you're jeopardizing yourself."



THE MEANING OF THE DREAM

Cartwright says that dreams—both good and bad—offer a review of what's going on in our lives and a rehearsal for what's coming up. But when the subject of a dream becomes too much to handle—a problem that seems insurmountable, for instance—the dream can turn into a nightmare. Cartwright cites the example of a patient whose husband had died suddenly. The woman had been staying with her daughter and son-in-law, helping to care for her grandchildren. When her daughter told her that she and her husband had hired a baby-sitter, the patient began having nightmares in which she was careening down a road in an out-of-control car. "In her dream," says Cartwright, "she kept pushing the brake and tried to keep the steering wheel steady. But she couldn't, so she opened the door and flung herself out."

Cartwright believes this nightmare represented the woman's recent losses—first of her husband, then of what she saw as her role as caretaker of her grandchildren. "Each loss was a blow to her self-esteem," Cartwright explains. "She was saying, 'I'm not needed.' "

HOW TO DEAL WITH NIGHTMARES

Cartwright helped her patient read the symbols in her nightmare and work through her problems. "She could then say to her daughter, 'It hurt my feelings when you hired the baby-sitter. I'd like to talk about this,' " Cartwright says. Another technique she suggests: Go back to sleep and try to change the dream's ending. Cartwright advised the unhappy widow to visualize slowing down the car, taking deep breaths and regaining control. She did, and the bad dreams stopped.

The key to banishing nightmares is to realize that they can't hurt you. Today, some sleep scientists go one step further with an approach called lucid dreaming, the ability to recognize a dream as it occurs. "I tell people to prepare before they go to sleep by saying, 'When I see this image or person chasing me, I'm going to think, It's only a dream, it can't hurt me,' " says Mike LaPointe, president of the Lucidity Institute, which works with the Lucid Dream Research Program at Stanford University's Sleep Disorders Foundation, in Palo Alto, California. Then, during the dream, he suggests, turn and face the image that's threatening you. When that happens, "the dream character tends to merge with yourself," LaPointe says. "You've dealt with whatever it is you're running from, and the image doesn't come back."

—LINDA LEUZZI

WHAT YOUR NIGHTMARES MEAN

ABANDONMENT Fearing loss of a loved one **BEING CHASED** Feeling stuck in your daily life; feeling threatened **CLIMBING** The desire to realize an ambition; anxiety about making a change **FALLING** Feelings of loss and insecurity; fear of failure; feeling out-of-control **KILLING AN AUTHORITY FIGURE** Desire to break away from family, a job, a relationship or a way of life **MISSING PLANES, TRAINS AND BUSES** Fear of not progressing in life or of missing an opportunity **NUDITY** Fear of ridicule, exposure and embarrassment **TAKING TESTS** Anxiety over a tough task. —L.L.

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The SILENT KILLER

Ovarian cancer ranks among the leading causes of cancer death for American women, yet it often spreads undetected until too late. Here's what you must know to protect yourself





Gilda Radner's untimely death from ovarian cancer shocked the public into awareness of the disease. But despite the grim statistics, survivors like Gilda's friend Melinda Sheinkopf (top) keep fighting back

Melinda Sheinkopf still chokes up when she talks about Gilda Radner, though it's been ten months since she lost her dear friend. Besides a loving friendship, they were united by a fierce desire to beat the unfavorable odds and join the ranks of the two out of five patients who survive ovarian cancer.

Melinda made it; Gilda died last year just before publication of her poignant best-seller, *It's Always Something* (Simon & Schuster). Melinda and Gilda, who joined the Wellness Community, California's acclaimed cancer-patient support program, received the same dire prognosis and underwent a similar regimen of aggressive medical treatment including hysterectomy and rigorous chemotherapy. Melinda, a thirty-seven-year-old businesswoman from Beverly Hills, reminds herself daily just how fortunate she is. These days, she's taken to driving a convertible so she can feel the wind blow through her blond hair, which—to her delight—has grown back thicker since chemotherapy ended.

"Ovarian cancer doesn't mean you have to die," she says.

A bleak picture

But all too many women *are* dying. Ovarian cancer is the fourth leading cause of cancer death among American women (after lung, breast and colon cancer). Although advances in therapy have boosted survival rates 19 percent since 1960,. the disease will claim twelve thousand lives this year, and twenty thousand new cases are diagnosed annually.

By Jean Fain

"The chances of getting ovarian cancer are not increasing," explains *(continued on page 74)*

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Jim Beaudoin's "The Snowy Owl"

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THE SILENT KILLER

continued from page 68

Ellen Sheets, M.D., an assistant professor at Harvard Medical School and a gynecological-cancer specialist at Brigham and Women's Hospital, in Boston. But, she says, "the actual number of patients diagnosed *is* rising, because of the increase in the number of women nearing menopause, the time when the disease begins to strike more frequently."

Until researchers fully understand the workings of this insidious disease and develop a reliable test to detect it early, ovarian cancer will continue to kill three out of five victims, or more than twice as many proportionately as breast cancer.

When the disease is caught and treated at the outset, the prognosis is hopeful. But because few symptoms are identifiable at the start, as many as three in four women are diagnosed after the cancer has spread throughout the abdomen or further. At that point, there's only a 23 percent chance of survival, given existing treatment.

Like other cancers, ovarian cancer is an abnormal cell growth that forms malignant masses of tissue. These tumors invade and destroy surrounding normal tissue and can metastasize—migrate to other parts of the body.

The disease flourishes in three kinds of cells. Cancer of the epithelial cells (those that line the ovary) accounts for 90 percent of cases. Much less common are two other types: germ-cell cancer, which strikes the cells that actually become eggs, usually afflicts women under sixty and is highly curable; and stromal cell cancer, which arises in the supporting structure of the ovary.

No matter which type a woman has, the deadliness increases with each stage of the disease. The cure rate for a patient with Stage I disease, in which the tumor is confined to the ovaries, is quite good, about 80 percent. The chance of recovery drops to 60 percent when the cancer spreads through the pelvic region (Stage II) and falls further, to 20 percent, when it invades abdominal organs (Stage III). With current treatments, there is only a 5 to 10 percent chance of survival in Stage IV, when the disease metastasizes to the lungs, liver or brain.

A difficult diagnosis

Ovarian cancer acts in a number of ways to earn its reputation as the silent killer. The ovaries, which are normally the size of olives and float in the abdominal cavity, can grow as large as grapefruit before disrupting the menstrual cycle or producing other toms. "The symptoms themselve dominal pain and bloating, as w vague changes in bladder and function—are confusing; they mimic other common, less life-t ening health problems, such a nary-tract infections, appendicit viral gastroenteritis," says Reed, M.D., Ph.D., coordinator of ian-cancer studies at the Nationa cer Institute, in Bethesda, Maryla the time the correct diagnosis is the cancer has often spread widel

Joyce Kulhawik, a thirty-s year-old reporter for WBZ-TV in ton, is being treated for ovarian cer. She says her case dramatica lustrates the extent to which d can be misled by the baffling toms. Emergency-room doctors pected appendicitis or a pelvic tion after examining Joyce's sw painful abdomen two years ago when tests proved inconclusive physicians gave her antibiotics sent her home. Joyce's own gyn gist repeated some tests and eve ly performed exploratory surgery ing the cancer. Unfortunately, has had a recurrence, which itse almost missed when the conf symptoms reappeared. Joyce women to know that they should any abnormalities seriously. "Insis your doctor deal with them," she

Ultimately, the pelvic exam sole tool available for early dete and even it falls far short of 10 cent reliability. (The Pap test, detects early cervical cancer, little use for diagnosing ovarian cer.) "Generally, doctors are no trained in doing pelvic exams," David Alberts, M.D., director cancer prevention and control pro at the University of Arizona C Center, in Tucson. "It takes expe to palpate abnormally enlarged ries." Factors such as patient ne ness and obesity may interfere v doctor's ability to do a thorough and the problem is aggravated b fact that many women don't bot get yearly exams.

One promising method for det the illness in its early stage is tra ginal color-flow imaging. The nique, developed in England, u vaginal probe to conduct an sound scan of the ovaries. Anothe approach is a blood test called C which measures the presence of c cals known as tumor markers. At ent, however, the test is accurate in detecting advanced ovarian c In the first stages, when det could really save lives, the test ters too many false negatives (f detect cancer) and false *(conti*

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THE SILENT KILLER
continued

positives (indicates cancer when there is none).

An unpredictable risk

If epidemiologists could pinpoint high-risk groups, then at least those women could be monitored carefully. But "in contrast to many other cancers, ovarian cancer does not target a certain group," says Robert C. Young, M.D., president of the Fox Chase Cancer Center, in Philadelphia. The strongest indicator is probably age: According to the American Cancer Society, the majority of cases occur between ages sixty to sixty-nine.

Women with family histories of the disease form another risk pool. Although the odds are less than one in seventy that the average American woman will develop ovarian cancer, "if two or more of your first-degree relatives [mother, daughter or sister] have had it, your risk can be as high as one in two," says M. Steven Piver, M.D., chief of the department of gynecological oncology (cancer treatment) at the Roswell Park Cancer Institute, in Buffalo. To study patterns of genetic transmission, Piver has started an international registry, which so far holds medical histories of more than three hundred families.

Other demographic factors—environment, geography and socioeconomic conditions—are less conclusive. Ovarian cancer afflicts women of all affluent, industrialized nations except Japan. White women are at a slightly higher risk than black, as are women who have had breast cancer or endometrial cancer, and those who have never been pregnant or taken birth-control pills. "But there are plenty of young women with children who have ovarian cancer," Young says.

How could some of these elements cause the disease? The prevailing logic is that women of industrialized nations have greater exposure to carcinogenic materials, asbestos-containing talc being one of the most suspect. Piver and other experts believe that talc particles (from powder applied to the genital area or sanitary napkins) can travel, like sperm, through the vagina and uterus to the ovaries. A higher incidence in cities seems related to the fact that urban women tend to get pregnant later and have fewer children. Thus, they undergo more ovulations in a lifetime. It's generally believed that the very act of ovulating, which disrupts the surface cells of the ovaries, increases the risk of the disease. This assertion is bolstered b fact that birth-control pills, whic hibit ovulation, appear to have a tective effect.

There's no evidence linking ov cancer to any of the risk factors cally associated with other canc smoking, alcohol consumption or ber of sex partners—but diet may factor. Piver explains, "Japan is a dustrialized nation, yet there's a incidence of ovarian cancer in country, where there is a low-fat When Japanese women move t U.S., however, and begin eati high-fat Western diet, they have same incidence of the disease as A ican women."

All told, a woman can do relat little to prevent ovarian cancer. doctors don't recommend taking Pill to forestall the disease, but do advocate it, especially if a wo has relatives who have had ov cancer.

Other physicians urge women w strong family history of the illne have their ovaries removed if the over thirty-five and have comp childbearing. This drastic optio sults in early menopause, with it tendant complications, such as o porosis caused by the lack of estr To reduce the risk of *(contin*

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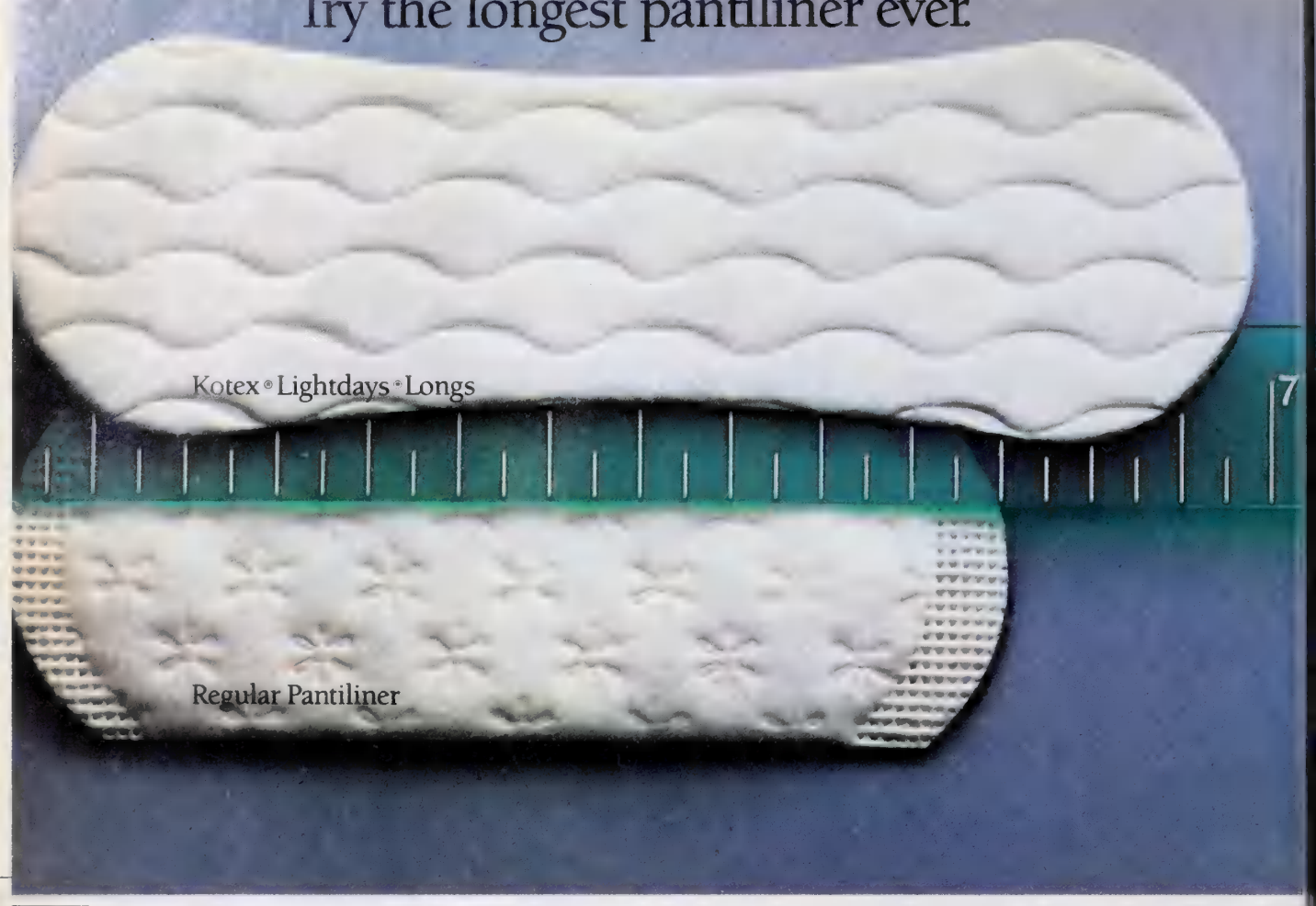
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THE SILENT KILLER
continued

osteoporosis, patients often must stay on estrogen-replacement therapy for the rest of their lives.

After considering all the facts, Diane Schuh, a teacher from Orchard Park, New York, decided to have her ovaries removed. Thirty-eight and a mother of two, Diane had watched six of her relatives, including her mother, die of ovarian cancer. "When you weigh the pros and the cons, the dangers are nothing compared with what could happen," Diane says.

In rare cases, however, even removal of the ovaries is not foolproof; women who have undergone such surgery have developed a form of abdominal cancer related to ovarian cancer. Doctors offer two theories to explain this confounding situation: Perhaps the cancer had already started and spread before the ovaries were removed, or some unknown factor that causes cancer to form in the ovary does the same elsewhere in the abdomen.

The treatment options

If a suspicious mass is discovered during a pelvic exam, doctors will turn to ultrasound, X-rays, CAT scans and exploratory surgery for an assessment of the tumor's size and stage.

Actual treatment usually begins with surgery to remove the uterus (a hysterectomy) as well as both ovaries and the fallopian tubes. Sometimes only one ovary is removed, especially in young women. Chemotherapy, and radiation in some cases, has become the second line of attack. Radiation is beamed from an external source, or a radioactive fluid is introduced to destroy cancer cells with little harm to surrounding normal tissue. The anticancer drugs used in chemotherapy home in on cancer cells in much the same way. After the initial course of treatment, doctors may do another exploratory operation to monitor progress.

Because treatment presents as many questions as answers, it's vital that a patient take an active role in the decision-making process. Should she have both ovaries removed if only one is diseased? Should a pregnant woman have an abortion in order to allow an immediate operation for ovarian cancer? A patient can't readily answer questions like these herself, but it's essential that she discuss them with her doctor, preferably a cancer specialist. The type and extent of the cancer, as well as the patient's age and desire to have children, figure heavily in the decision. In deciding whether to have both ovaries removed, many surg feel there is no choice and routinel ahead if the woman is over forty-fi

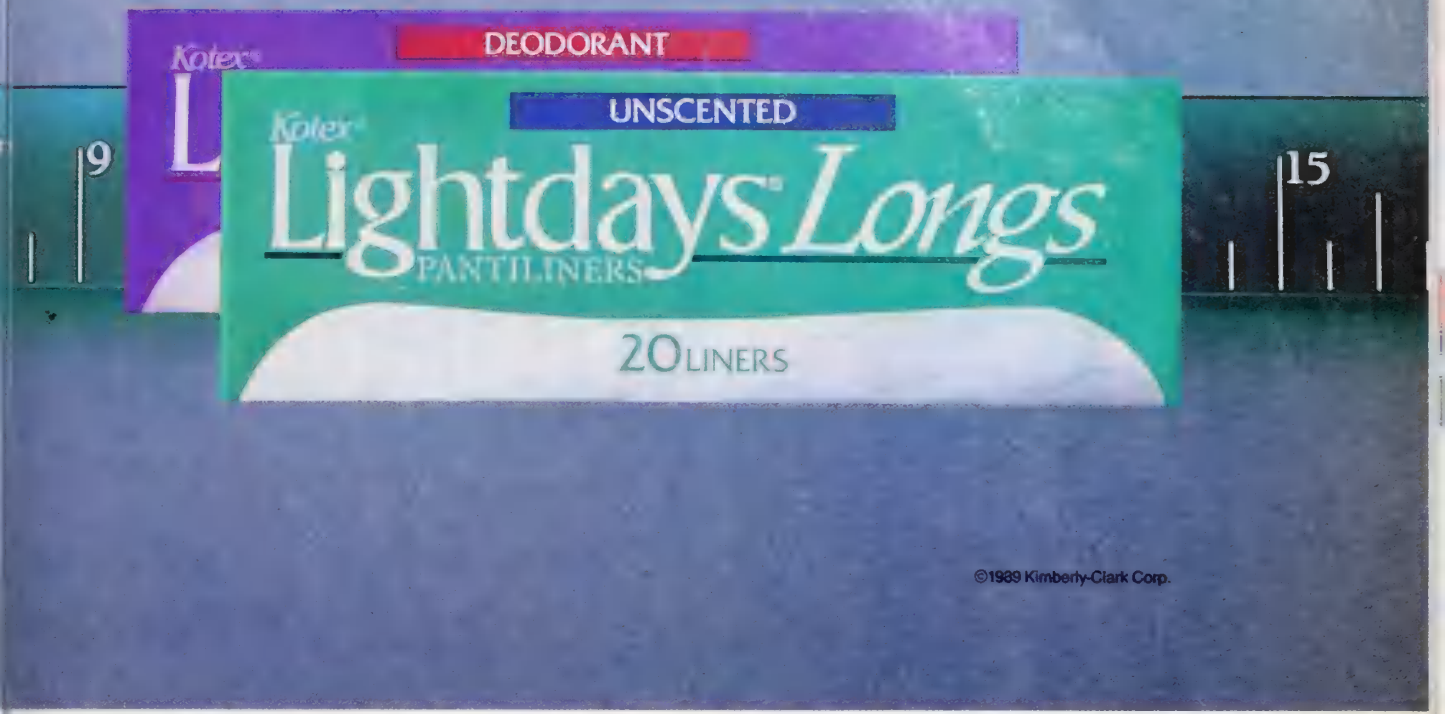
Fortunately, ovarian cancer ra presents itself during pregnancy the second dilemma is rare. "Gener speaking," says Young, "if the dis is extensive, the pregnancy is e and the patient doesn't object, m doctors advocate abortion. On the er hand, if the disease is diagn late in pregnancy, doctors try to patients go to term and do the ca surgery soon after delivery."

Researchers at work

The most notable advances in tr ment in the last two decades have b in chemotherapy, particularly v two drugs, cisplatin and carbopla "There's been a large increase in vival rates as a result of cisplat says Alberts. The drug is highly t however, and side effects can be vere, ranging from kidney damag irreversible nerve damage in the and hands. What's more, it takes eral hours to administer a dose, the patient must often be hospital so doctors can monitor toxicity. Ca platin, a newer compound used wi in Europe, is significantly less t and more convenient: The drug ca administered in two hours or les

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doctor's office. But despite these ances, survival rates will not rise ificantly again until researchers e another devastating problem—fact that malignant tumors tend to me resistant to drugs.

lthough up to 80 percent of pa-ts respond initially to chemothera-Alberts explains, the tumors find s to confound the drugs after just e to six courses of treatment. Re-chers are experimenting with so-sticated molecular biology tech-ues to break down resistance to cancer drugs and stimulate the 's immune system. Promise also in monoclonal antibodies—labora-manufactured immune-system eins that can carry cancer-fighting stances directly to malignant s—and testing for the presence of es that identify high-risk patients. addition, doctors are enthusiastic ut new drugs and drug combina-s. In recent clinical trials at the ns Hopkins University oncology er, in Baltimore, 30 percent of pa-ts who failed to respond to stan-l chemotherapy responded to taxol, ug that attacks resistant cells.

om for hope

earchers don't expect to cure ovari-cancer anytime soon, but they re-main optimistic. "It's feasible that a significant portion of patients may be cured in the future. We just don't have all the tools to do that yet," says William P. McGuire, M.D., associate professor of oncology at Johns Hopkins. In the meantime, yearly pelvic exams remain the best line of defense.

A program that offers emotional and psychological support, such as the Wellness Community, which has been offering free educational and social programs since 1982, has proven an invaluable adjunct to traditional medical treatment. According to a two-year study conducted at the University of California, Los Angeles, the Wellness Community's program significantly reduced pain and depression. Explains Harold Benjamin, Ph.D., a social psychologist who founded the organization after his wife had cancer, "If you participate in your fight for recovery along with your physician rather than being a hopeless, helpless, passive victim, you will improve the quality of your life and just may enhance the possibility of recovery."

"What you can do," Melinda Sheinkopf says quietly, "is do as Gilda did: Live each moment to the fullest and be grateful for every day." For Melinda, that means she might adopt a child when she has been cancer-free for two years, as some agencies require.

Melinda is counting the days. ■

Jean Fain is a writer based in Cambridge, Massachusetts, who specializes in medicine and health.

FOR MORE INFORMATION

If you have questions about ovarian cancer, contact these organizations:

The American Cancer Society (1599 Clifton Road N.E., Atlanta, GA 30329; 800-ACS-2345) is the nation's leading voluntary organization dedicated to fighting cancer through research, education and patient services.

The National Cancer Institute's Cancer Information Service runs a hotline that offers information on diagnosis, treatment and prevention. Call 800-4-CANCER.

The Familial Ovarian Cancer Registry (Roswell Park Cancer Institute, Elm and Carlton Streets, Buffalo, NY 14263) helps patients make important medical decisions given their family history.

The Wellness Community (1235 5th Street, Santa Monica, CA 90401; 213-393-1415) will answer questions about its support program or offer tips on starting your own. Also helpful: *From Victim to Victor: The Wellness Community's Guide to Fighting for Recovery* (Dell, 1988).

star

FAYE DUNAWAY coming home to Hollywood



After years of a stormy, self-imposed exile, she has returned to mainstream moviemaking with "The Handmaid's Tale." Here, a surprisingly honest talk with one of our most elusive stars

By Cliff Jahr

High noon, near Beverly Hills. Faye Dunaway, seated poolside at the Four Seasons Hotel, draws her hand to her face and slowly, dramatically, removes her dark glasses. In repose the famous pale moon face is youthful and relaxed. Most aging beauty queens would rather drink hemlock than face a reporter in harsh daylight, but Faye, wearing nothing but mascara, foundation and lip gloss, seems devil-may-care. Clad in a pretty flowered Ralph Lauren skirt, a tan T-shirt with a coral sweater wrapped tennis-style over her shoulders, topped off by a saucy straw hat, the fresh-faced star looks more like thirtysomething than forty-nine.

But after six years in hectic London and New York, she seems to be feeling her age. "Yes, I *am* back. It's long overdue," she remarks. "It would have been better if I had gone back home when I was younger. I enjoyed England, but I stayed too long. I've been hidden away in New York for two years, and you really do need to be a bit more visible. I haven't had a major commercial hit lately," she adds dryly, "and I suppose I need one."

Now Dunaway is hoping that her newest portrayal, that of an imperious upper-class woman in *The Handmaid's Tale*, will be her true comeback role. (A little more than two years ago, she starred in the highly praised film version of Charles Bukowski's *Barfly* without any notable effect on her career.) *The Handmaid's Tale*, which opens March 9, marks her return to big-time moviemaking. In the film version of Margaret Atwood's novel, a frightening, futuristic story, Dunaway plays the wife of an authoritarian figure known as the Commander. "The trap of the role," says Faye, "would have been to play her like the public Pat Nixon. You know—stoic, ankles crossed, sitting absolutely still, behind her husband. That's boring, so I worked with the director and warmed her up to be a very active, humorous woman."

Faye's return is a milestone for the actress, who left the country in 1982, the year after *(continued)*

Photo, Outline. Hair, Enzo Angileri for Cloutier; makeup, Joanne Gair for Cloutier.

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FAYE DUNAWAY
continued

Mommie Dearest, her acerbic, high-camp portrayal of Joan Crawford, opened to many harsh reviews. Tired of the pressures of Hollywood and anxious to spend time with her family, she fled to England with her then-husband, British photographer Terry O'Neill, and their toddler son, Liam. Once Faye was there, Hollywood forgot about her. She and O'Neill made plans to film *Duet for One*, in which Dunaway was to star as a concert violinist stricken with multiple sclerosis at the height of her career. The project derailed over creative differences with the film company. "That was my greatest regret ever," she says. (The film was later made with Julie Andrews in the starring role.)

In the years that followed offers dwindled. So did their marriage. Tabloids told of drinking and public quarrels, and the couple finally divorced in 1987. Faye won't speak ill of her ex, but she does think they both made some miscalculations. "All those years in England, I wasn't paying much attention to my career. I was just enjoying Liam's early years and working on myself—seeing my therapist every day—I still do . . . Terry verged on being a husband-manager, and it was a mistake we both made in our careers."

Her marriage wasn't Faye's first brush with domestic disharmony: Her parents, who were unhappy together, divorced when Faye was in her early teens. "They should have parted many years before," she remarks quietly, "but they stayed together for the sake of me and my brother. A big mistake. A rough time."



In *Bonnie and Clyde*, Dunaway robbed banks with Warren Beatty—and stole the hearts of critics

Faye grew up in Florida and acted in high school before attending the University of Florida. There she starred in a production of *Medea*. Then Faye transferred to Boston University, where she came to the attention of Elia Kazan and became part of the Lincoln Center Repertory Company. For the next few years she worked steadily. In 1965 she starred off-Broadway in *Hogan's Goat* and received rave reviews for her portrayal of a lusty Irish immigrant housewife.

The following year, director Arthur Penn chose Faye to play opposite Warren Beatty in *Bonnie and Clyde*, though the star wanted another actress. "I *knew* I had to get that part," Dunaway remembers, "and had to lose twenty pounds to do it." The movie was a megahit, and newcomer Faye was nominated for an Oscar. *The Thomas Crown Affair* (co-starring Steve McQueen), *The Arrangement* (Kirk Douglas) and *Little Big Man* (Dustin Hoffman) followed.

By twenty-nine Faye was a top star. In 1974 she was nominated for an Academy Award for her portrayal of the mysterious Evelyn Mulwray in *Chinatown*, and in 1976 her manipulating television executive Diana Christensen walked away with the Oscar for *Network*.

But during those years, Faye earned more praise for her acting than for her temperament: She acquired a reputation for being difficult to work with—touchy, a maddening perfectionist who could cause hours of delay getting



right or debating tiny cos-
icks. She got into scrapes with
rtists such as Otto Preminger
ied her), Jack Nicholson (who
her "the dreaded Dunaway")
te Davis (who said she would
again" work with her). "As for
g difficult," Faye says now, "I
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er reach it."

mours were also sensational—
sip columns were filled with re-
her liaisons with actor Mar-
lastroianni and photographer
chatzberg. Her 1974 marriage
r Peter Wolf was ending after
n three years when she met
, a London photographer.

80 Faye agreed to portray Joan
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ect. Although the movie turned
be a commercial hit and Faye
in its profits, she has yet to
from the critical fallout.

overheated portrayal of a driv-
sive Crawford led some movie-
o conclude that Faye was her-
cold, heartless monster. And
eople in clubby Hollywood were
d by what they saw as the
g of one of their own. Producers
ary of Faye and began calling
s frequently. "That film was ca-
reer suicide," she remarks. "It turned into an exploitation movie that verged on camp, and I am still recovering from it. Going in, the role seemed tricky but interesting. I said yes because I listened to advice from someone in my private life—the last time I'll ever do that.

"I really am quite fond of Crawford, because I can see the broken psyche in there. I think Joan's injured childhood years in Oklahoma created an injured mind," she continues. "They say that a couple of times on a soundstage when she heard what seemed to her like Oklahoma winds, she fainted. While making *Mommie Dearest*, I woke up with nightmares about her, and afterward I couldn't get out of bed for a month. Sure, I overdid the role. I've got a lot of energy, a lot of personal force, but I needed a director to say, 'Hang on, Faye. That's too far.' "

Audiences marveled at how much Dunaway resembled Crawford. Faye insists it was attitude, not makeup, that created the likeness. "It was more how she held her face," she insists. Pausing for effect, she slowly tilts back her head, arches her brows and rolls her eyes skyward. It's a perfect imitation, scary and unreal. Faye hugs herself and rears back to laugh heartily.

Like Crawford—and other Hollywood grandes dames—Faye loves luxury and wearing beautiful clothes. "I like flair," she says. "Glamour isn't anything that's a pose with me, and I don't like being done to the *nines*, though I do like Armani, Geoffrey Beene, Lacroix—and, of course, Saint Laurent is the master. And then there's always the drop-dead suit I can't resist. I suppose if the studios were still grooming stars today, all those other girls—I mean women—such as Meryl and Jane, Barbra and *(continued on page 87)*





Faye hopes a hit in *The Handmaid's Tale* with Robert Duvall (above) will remove the stigma of the *Mommie Dearest* fiasco (left)

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FAYE DUNAWAY

continued from page 83

Jessica, would have more glamour."

And a flair for dramatic fashion isn't the only hallowed Hollywood tradition that glittery Dunaway has picked up. "I did have my own role models," she fondly remembers. "Patricia Neal in *The Fountainhead*, for one. She had that sensual quality—always something unexpected about her. Remember in *Hud* where she was taking the grocery bags out of the car and eating out of them at the same time? I did that in some picture as a little homage to her. I always adored Joanne Woodward. The way I swung my pocketbook in *Bonnie and Clyde* was for Joanne, who did that in *The Long Hot Summer*."

But now she seems to be studying another type of actress and to be searching for another kind of role for herself. "I am *dying* to play comedy," she says enthusiastically. "I'm looking at all of Carole Lombard's and Kay Kendall's films for possible remakes. From now on I want to project lightness." She adds with a laugh, "If I play one more *queen*—!"

Although she may be facing an uphill struggle in her career right now, Faye's personal life is going smoothly. She lives in a suburb of Los Angeles, with Liam, now nine, a nanny and an assistant. For some two years Faye has been dating Warren Lieberfarb, president of Warner Home Video, but she doesn't have any marriage plans. "Now I look for men I can laugh with and have a good time," she says. "My first job is to be a good mother, to be proud of Liam. He takes after me a little, very chameleonlike, high energy, a real personality kid."

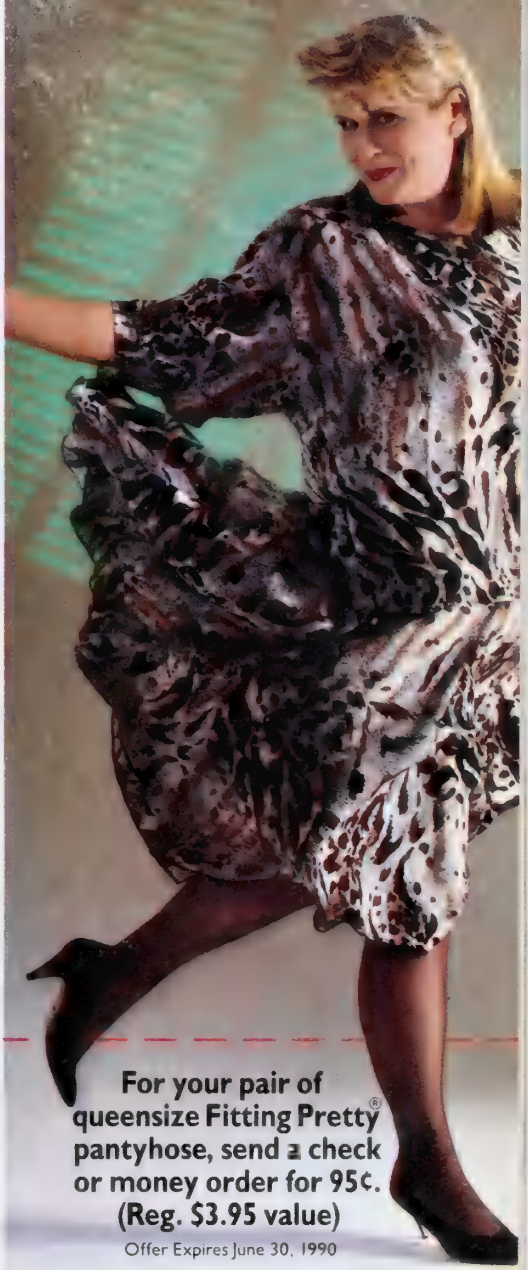
But Faye hasn't forsaken New York or her longtime apartment on Central Park West. "Oh, I'd jump off the balcony if I had to give up that place," she laughs. "I adore the house in East Hampton, too, but my life is here right now, where the business is. Mind you, I don't *ever* want to sit and wait for a script to come to me. Nice if they do come, but it's like meeting the love of your life. Nice if he comes, but you're not going to find him by waiting around. I'm setting up offices, and I suspect I'm going to be busier developing my own projects."

The sun breaks through the palm trees, and Faye replaces her sunglasses, preparing to go. "I'm happier," she says cheerfully. "It's all starting to come together. Everybody says maybe I'm on the verge of something. . . ."

Everybody may very well be right. ■

Cliff Jahr is a contributing editor of LHJ. He writes often about celebrities.

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PARENTS' JOURNAL

A GUIDE TO CHILD REARING IN THE NINETIES

By Mary Mohler and Margery D. Rosen

HUSH, LITTLE BABY

By Robin Sanders

When your friend/sister/hairdresser tells you about her somnolent two-week-old who sleeps blissfully through the night, maybe you can't help wondering, "What am I doing wrong?"

Probably nothing, according to Richard Ferber, M.D., director of the Center for Pediatric Sleep Disorders at Children's Hospital in Boston and author of *Solve Your Child's Sleep Problems* (Simon & Schuster, 1985). Though most newborns sleep about sixteen hours a day, the majority aren't able to sleep more than a few hours at a time. "It usually takes three or four months before things settle down," says Ferber.



If your baby doesn't, don't despair. We've cataloged some of the most-heard parental laments and asked Ferber for suggestions on how to deal with them:

"My son is nine months old, but he doesn't fall asleep unless I rock him for twenty minutes. Then he wakes up during the night, and we have to rock him again."

It may be the long-suffering parents who inadvertently cause this problem by allowing their babies to develop what Ferber dubs "wrong sleep associations." Children used to being rocked, patted or simply cuddled to sleep may begin to associate these conditions with going to bed and can't fall asleep otherwise.

So, try to teach your baby new sleep associations. True, you'll have to tolerate a certain amount of crying, as your child adapts, but keep in mind that since a baby has no other form of communication, his cry is not necessarily a sign of horrible suffering.

"Allowing some crying will never lead to psychological harm," Ferber assures us. "It will be harder on you."

Start with five minutes if you can; if that seems too long, back up to one minute. At bedtime, put your baby in his crib, say good-night and leave the room. Your baby will almost certainly cry, but you must wait the time you decided upon, then go back into the room—briefly—just to reassure the child that he's not alone (don't pick him up); then leave again. If your baby continues to cry, wait a little longer the next time; a third visit should follow a slightly longer wait. Continue until the baby finally falls asleep, but don't leave more than fifteen minutes between visits your first night. Each night, increase the waiting time until the child eventually catches on.

"My seven-month-old still wakes two or three times a night demanding to be fed."

Children who drink large amounts of milk or juice at night have sometimes learned to associate drinking with falling asleep. To remedy this, start leaving some time between eating and going to bed, and try the progressive intervention program for wrong sleep associations.

If your baby is drinking more than eight ounces per night, the extra fluid intake may be part of the problem. She may soak her diapers and become uncomfortable or be stimulated by the additional calories. Decrease her bedtime milk or juice ration gradually by either eliminating one ounce per day from the nighttime bottles or shortening the nursing period.

"My eleven-month-old won't go to sleep until eleven-thirty, and then she sleeps till ten in the morning. Help!"

First, make sure her sleeping (that includes napping) and feeding times are kept regular. Then, if the baby still stays up so late, slowly advance the sleep phase by making bedtime and waking times a little earlier each day. Start by waking up your baby fifteen minutes earlier every day until you've reached thirty to sixty minutes. Then move bedtime back fifteen minutes a day. Just make sure your baby doesn't increase her nap time.

"Though our nine-month-old son goes to sleep at a respectable eight-thirty, he wakes up at a decidedly unacceptable five A.M. His room is dark and quiet. Is there any hope?"

Early morning waking is one of the hardest sleep problems to remedy. You will have to try to push back the morning nap progressively and leave the child to cry a bit longer each day when he wakes at five.

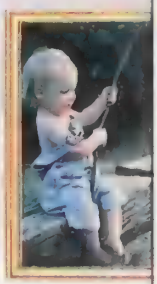
Of course, there are children who simply don't require a lot of sleep. If, despite your best efforts, your baby continues to wake at dawn, well. . . think of all the things you'll get done by getting up so early!

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On an official entry form or 3" × 5" card, print your name and address, the baby's name and birth date. Include with your entry a baby picture you have taken with a humorous, charming and appropriate caption pertaining to the photo submitted. Entrants must be a parent, relative or legal guardian of photographed baby. Enter as often as you wish. Each entry must be different, mailed separately and accompanied by a photograph. The baby must be no older than 6 years old by June 15, 1990. The photograph may be no smaller than 2¼" × 3¼" nor larger than 8" × 10" and must be in color. Only one baby per photo. Print your name and address on the back of the photograph, and your baby's name, birth date and caption. Do not send instant snapshots, slides, transparencies, professional or studio pictures. Do not write on the face of the photograph. Include cardboard with the photo to protect it in the mail. Photographs become the property of JOHNSON & JOHNSON Baby Products Company with all rights including the right to edit, publish and use any photo without further consideration or payment to the contestant. No correspondence will be entered into, nor will photo be returned. Attach photograph securely to the entry blank and mail to: Adorable Babies Contest, P.O. Box 9091, Bay Shore, NY 11706-9091. Entries must be received by June 15, 1990. Not responsible for lost, misdirected or late mail.

Entries will be judged on the following criteria: charm and appeal of photograph: (0 to 35 points); originality and relevance of caption to photograph: (0 to 30 points); originality of pose and naturalness of expression: (0 to 25 points); reproducibility of photograph: (0 to 10 points). Winners will be selected under the supervision of The Independent Judging Organization, Inc., a subsidiary of Comart-KLP, whose decisions are final in all matters relating to this contest. By entering this contest, entrants accept and agree to be bound by the rules and the decisions of the judges shall be final.

5. Grand Prize (1): Four Year CollegeSure® CD/College Scholarship beginning on July 31st the year the child turns 18. Approximate Retail Value at full term redemption $38,022. First Prize (1): Three Year CollegeSure® CD/College Scholarship beginning the year the child turns 18. ARV $27,145. Second Prize (1): Two Year CollegeSure® CD/College Scholarship beginning the year the child turns 18. ARV $17,239. Third Prize (9): One Year CollegeSure® CD/College Scholarship beginning the year the child turns 18. ARV $8,217. 100 Honorable Mentions: $100 U.S. Savings Bond (Approximate Present Value $50). All prizes will be awarded in the baby's name. The top twelve winners will appear in a JOHNSON & JOHNSON Baby Products Company 1991 Calendar. All prizes will be awarded. No substitution of prizes. All winners will be notified by mail. Only one prize per individual or family. As a condition of being selected a winner, entrants and parents or legal guardians of a photographed baby will be required to sign an affidavit of eligibility and release. Everybody wins! Each entrant will receive a $5.00 Coupon Book ($5 on favorite JOHNSON & JOHNSON Brands and a $5 certificate good toward the purchase of a $1,000 CollegeSure® Certificate of Deposit from the College Savings Bank of Princeton, N.J. Member FDIC).

6. Employees and their immediate families of JOHNSON & JOHNSON Baby Products Company, Comart-KLP, their affiliates or subsidiaries are not eligible. Void where prohibited. Professional child models, professional photographers or entries that have been published, or that have won other contests are not eligible. Taxes are the responsibility of the winners.

7. For a Winners List, send a stamped, self-addressed envelope to: Adorable Babies Contest Winners, P.O. Box 9096, Bay Shore, NY 11706-9096.



ASK THE DOCTOR

Why does my daughter get so many ear infections? Should I give cereal to my three-month-old to help him sleep through the night? What's ringworm? Finally, a chance to ask everything you never think of at the pediatrician's office. The *Journal* has teamed up with the Arnold Palmer Hospital for Children and Women in Orlando to establish a toll-free pediatric hotline. Four pediatricians will be on hand every Tuesday night to answer general questions. (Of course, they cannot give specific medical advice over the phone.) We'll publish a selection of the questions and the doctors' answers beginning in April.

The hotline for April, May and June will be sponsored by the Clorox Company. Beginning on April 3, call 800-727-9434 any Tuesday between six P.M. and nine P.M., EST.

ONE MOTHER'S STORY

Why didn't I?

By Penny Colman

I was engrossed in crocheting an afghan when my fifteen-year-old son, Stephen, wandered into the room.

"That's beautiful," he said, and sat down on the arm of my chair. "Thanks," I replied.

"Is it hard to do?" he asked, peering intently at my work.

"No," I said, and then asked him about his plans for the day. We exchanged information, and soon he got up to leave. But before he did, he looked down at the afghan again.

"Sure looks complicated to me," he commented with a shake of his head. "It's just a series of double-crochet stitches," I said. "Easy to do." And, as so often happens, I thought nothing more about our little conversation.

But that night as I was drifting off to sleep, I had a sudden flashback to those earlier moments in the day. When my son had asked if crocheting was hard, I had just said no. I hadn't offered to show him the steps involved. I didn't hand him the crochet hook. I didn't ask if he wanted to learn. I had just said double-crochet stitches were easy to do. Period.

Why did I do that? I wondered to myself as I lay there, upset and now unable to sleep. In my years of mothering I've always been an inveterate teacher, always looking for another skill or lesson to pass on to my children. Every moment, as far as I'm concerned, is a potential occasion for learning, particularly when a child shows an interest. Yet I had let this one—this very obvious one—pass.

It wasn't that Stephen wasn't old enough to be coordinated enough. Just recently we had installed a tile floor together. Prior to that he had helped with several other projects—papering the wall, putting up Sheetrock and painting several ceilings—always with a remarkable amount of patience, even when I lost mine. Besides, I lectured myself, any kid who can handle a basketball the way Stephen can could certainly manipulate a crochet hook and yarn.



So why did I do that? Of course, I knew why. In my mind I had a vision of Stephen soaring up toward the basketball hoop to grab a rebound. I hadn't offered to teach him how to crochet because he is my son, not my daughter.

The next morning I gathered up the afghan—with the yarn and crochet hook stuck in its unfinished border—and went looking for Stephen. I found him sitting on the couch reading the newspaper.

"Stephen," I said, "it occurred to me last night that I discriminated against you." He gave me an amused but quizzical look. "Yesterday I think I probably would have offered to teach you how to crochet if you had been a girl."

He grinned and put down the newspaper. Plunking myself down, I handed him the afghan and hook and patiently guided him through a double-crochet stitch. He worked at it until he had crocheted three inches on the border.

"Looks good!" my son said, admiring his efforts. And it did, too. His stitches matched mine perfectly. And we had both learned a lesson.

My sister is 10 and she says milk tastes better than oil.





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Milk makes the difference.

Understanding kids By Lawrence Balter, Ph.D.



Dr. Balter is a practicing psychologist and professor of educational psychology at New York University. His most recent project is Stepping Stones Stories (Barron's, 1989), a series of illustrated books to help children cope with real-life problems and fears.

I have a daughter who's almost four, and she's a real procrastinator. She has to be at preschool by nine, and I then have to get to work. But every day she dawdles, won't get dressed and idles over breakfast until I end up dressing her by force and taking her to school with only a few mouthfuls of cereal. We're *both* exhausted and cranky! How can I make this easier for both of us?

Your daughter's procrastination is a stage. Preschoolers have not yet developed the same sense of time as older children and adults. What's more, they are quite subjective and believe that time will wait for them. Kids this age are also action-oriented: For them, time is linked to activities, such as nap time, bath time, playtime. Nevertheless, there are steps you can take so you don't have to stand by helplessly and frantically.

Develop one routine to be followed each day. A clear, regular sequence helps all of us get through certain activities without much thought. Of course, for you to remain in control of the situation, you'll have to participate in each activity in the morning.

First, make sure you're allowing sufficient time in the morning. Sometimes getting up half an hour earlier can make a world of difference. Agree to lay her clothes out the night before, which will save you time and at the very least get the I-don't-want-to-wear-that arguments over with. Help her on with her garments, one item at a time. Only when the dressing is complete—shoes, too—should you go on to the next part of the sequence, i.e., breakfast.

Eliminate distractions: Keep the cat out of the room, turn off the TV. (Of course, this doesn't mean that her shoelace won't become an object of intense fascination, but it will help.) Also, keep track of the time for her by counting down out loud: "Okay, five minutes to go." Reminding her of some activity later on in the routine that you know she'll enjoy ("You can turn the windshield wipers on in the car") may keep her motivated and moving.

Consider the possibility that she's dawdling to spend more time with you. Remind her how much you love her and will miss her, and reassure her that you'll see each other later. You might even promise a special after-school treat.

HEALTH WATCH Nosebleeds By Dava Sobel

Nosebleeds can occur at any time, but they are most common in the winter when the mucous membranes lining the nose are often dry and cracked and tiny blood vessels inside those membranes are more prone to break and bleed. Most nosebleeds originate in the forward part of the septum (the wall that separates one nostril from the other), says Henry Harris, M.D., a pediatrician in Stamford, Connecticut, and instructor at the Albert Einstein School of Medicine, in New York City.

In most cases, nosebleeds are triggered by some trauma to the nose, such as a bump or blow from the outside or a wayward finger inside. Allergies frequently cause nosebleeds, and noses sore from lots of blowing due to colds or flu are especially prone to bleeding.

What to do? First, apply direct and constant pressure by holding your finger against the outside of your child's nose for at least five minutes. If bleeding persists, moisten a tissue with over-the-counter medicated nasal spray or drops that contain phenylephrine (use children's formulas). Drops help shrink the blood vessels. Pack the tissue into the nostril, and again apply steady pressure.

Though you shouldn't be concerned about occasional nosebleeds, recurrent bleeding may signal an underlying problem. For instance, strep throat or other infection of the upper respiratory tract may affect the nasal passages, leaving them raw, irritated and prone to bleeding.

To lessen the likelihood of a nosebleed, lubricate the inside of your child's nose with petroleum jelly. At night, a cool-mist humidifier may help keep mucous membranes from drying and cracking. (Clean the humidifier at least every other day.)

Tom Sobolik/Black Star

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WHAT'S HOT on TV



Some familiar faces are taking back TV. The new successes of these great old favorites prove you can go home again

SANDY DUNCAN perks up "The Hogan Family"

By Leslie Jay

THOUGH SHE'S BECOME A NIELSEN HIGH-ROLLER, Sandy Duncan isn't staking her whole future on TV. "I play the lottery," confides the slender star of *The Hogan Family*, still pixieish at age forty-four. "I buy tickets with two of the grips. If I win, I'm outta here! I'd buy out of my contract and . . . good-bye." Then, like a motorist who accelerates at the yellow light but reconsiders and brakes for the red, she stops—and grins. "Of course, I'm joking about quitting," says Sandy, who's married and the mother of two. "I *need* the structure of work." Then she halts again, before adding, "But if I weren't an actress, I'd be a hell of a decorator."

Sitting in her dressing room—comfortably furnished with country-style pieces she selected herself—Duncan discusses alternative careers as if she really might trade scripts for fabric swatches someday. Meet a Hollywood anomaly: a star who doesn't take herself seriously. For that, Duncan credits her childhood in Tyler, Texas, the small town where her father ran a gas station. "I had two parents who said to me, 'No matter what happens in life, don't buy your own act and don't think you're more important than the next guy.' It stuck," she observes.

Nobody knows better than Sandy does that stars can come and go. Her earlier sitcoms, *Funny Face* and *The Sandy Duncan Show*, ended after brief runs in the early seventies. In the years that followed, she was best known for her portrayal of Peter Pan on Broadway and for her Wheat Thins commercials. Then, in 1987, when Valerie Harper was fired from *Valerie*, the producers recruited Sandy and renamed the show.

The program's impact on its leading lady has been equally significant. As Sandy Hogan, high school guidance counselor and aunt to three rambunctious teenage boys, Sandy Duncan has been able to anticipate the adolescence of her real-life sons, seven-year-old Jeffrey and six-year-old Michael. "The relationship I have with Jason Bateman on the show is like the relationship I have with my own kids. I talk very straight with them. It's like, 'Cut the crap, knock it off.' Still, they feel free to ask questions.

"I've brought the boys everywhere—to the restaurant, to the theater—since they were this high," she adds, her voice filled with *(continued)*



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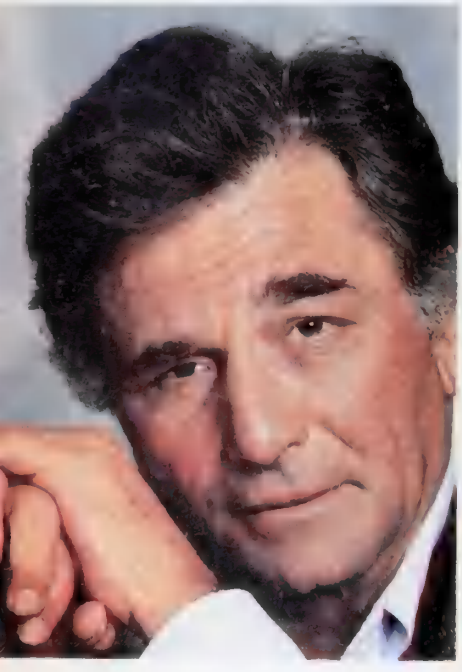
(continued) pride. "The other night, I couldn't take Jeffrey to dinner, and he wanted to know why. I said, 'Because there won't be any children there,' and he still wanted to go. But there will be a time when I'll have to beg him to have dinner with his dad and me. And it's going to be soon."

Until then, Sandy is happy to be acting in television because the shooting schedule lets her spend more time at home. "With theater, you have to travel a long time before producers get enough money to go to New York," she explains. "It's just not feasible with a family. Once kids are in school, you can't keep traveling around. Now I tape three shows, have a week off, tape three shows, have a week off. While we're shooting, I'm here from about eleven A.M. to six P.M. I'm usually home for dinner, and I have weekends off."

True to her Texas training, this actress/wife/mother is quick to point out that she is not a superwoman. She has a live-in nanny, and her husband, Don Correia, a Broadway dancer turned real estate agent, is very supportive. Sandy has been married to him since 1980. Her previous marriages ended in divorce: the first in 1968 to a fellow actor, the second in 1973 to one of the doctors who treated her for the tumor that left her blind in one eye. "I juggle a lot of things, but I have a support system," Sandy comments. "My husband kicks in and picks up the slack. And if you're making the kind of money I make, you can afford to have this person who is basically a wife. I marvel at women who keep it all together and don't have someone to depend on."

Although, refreshingly, she has no interest in directing, Sandy hopes to produce a project for herself. "I'm an actress, and I'm hired to do a part," she remarks. "I get the pages and I do them. I would like to be part of a production team, because it gives you more say about the material." But even with greater artistic control, Duncan knows she'll hardly be playing femmes fatales or dragon ladies. "I look the way I look, I sound the way I sound," she says. "A wild departure would be unbelievable."

The fact is, however she is cast, Sandy Duncan's favorite part is the one that she'll be playing for the rest of her life: mother to Jeffrey and Michael. And while she doesn't have total control over the direction of the script, she can write it as she goes along.



Deborah Feingold/Outline

PETER FALK reigns in Columbo's trench coat

By Eric Sherman

PETER FALK LOOKS UP AND flashes that grin. Not just any grin, mind you, but the rakish, ear-to-ear job that spreads across his face every time he tells a funny story. And at the rate he tells funny stories (with just a wee bit of embellishment), you get to see a lot of this infectious expression.

Take the time in the early seventies when the people of one Eastern European nation were nearly up in arms (this is the embellishment) because they thought that their government was keeping episodes of their beloved *Columbo* off state-run television. The government had called the U.S. Ambassador, begging him (a little more embellishment) to get this Columbo guy to record a TV spot to calm the masses.

"So there I was in this Los Angeles hotel room, readin' a statement from these big cue cards written phonetically in their language telling the people 'put down your arms, you're gettin' as many episodes as there are,' " Falk recalls as he sits in the art studio adjoining his Beverly Hills home, chain-smoking and sipping coffee. "That was the day I avoided a revolution." He beams.

Like Columbo's famous rumpled raincoat (which the actor himself bought on a rainy day twenty-one years ago), Falk has changed little over the years. The sixty-two-year-old actor enjoys portraying the bumbling-but-brilliant detective as much as he did when the series began on NBC in 1971 — so much so that Falk let ABC persuade him to bring back Columbo as part of the new *ABC Saturday Mystery* series.

In many ways, Falk is Hollywood's unlikeliest leading man. Short (five-eight) and raspy-voiced, he didn't begin acting until he was twenty-six, while he was working full-time for the State of Connecticut as an efficiency expert (that's not an embellishment). "Things come to me slow," he says.

But the biggest obstacle he has had to overcome is his glass eye. When he was three, Falk's right eye was removed because of a tumor. Other actors might have been defeated by such a handicap, but Falk dismisses it with a shrug . . . and more funny stories. Like the one *(continued)*

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WHAT'S HOT on TV

(continued) about the time the late movie mogul Harry Cohn refused to hire him because of his "deficiency," snapping, "Son, for the price, I could get an actor with two eyes."

Despite such prejudices, Falk has won four Emmys (three for *Columbo* and one for the TV movie *The Price of Tomatoes*) and has been nominated for two Oscars (for *Murder Inc.* and *Pocketful of Miracles*). More recently he's appeared in *Wings of Desire* and *Cookie*. Falk's newest film, *In the Spirit* (also starring Melanie Griffith), is scheduled to open this spring.

In real life, Falk's leading lady is actress Shera Danese. The couple, who have been married since 1977, have no children. Falk, however, is the father of two daughters from his first marriage, to Alyce Mayo, a fabric designer. Twenty-three-year-old Jackie is considering a designing career, and Catherine, nineteen, may become a real-life detective—honest.

But for now, there's only one gumshoe in the family. "It would be fun to see Columbo get old," he says. "It would take him even longer to make people crazy." Falk hunches over and is transformed into an old detective. "What did you say, sir? Would you mind writing that down? I can't hear too good." Then he straightens up and returns to being Peter Falk. "At that rate, we'd have to have a four-hour show!" And he flashes that rascally smile once again.



KRISTY McNICHOL finds a full life on "Empty Nest"

By Mark Morrison

NOW, AFTER A DECADE OF roller-coaster success and failure, Kristy McNichol is finally the composed adult she once pretended to be. At twenty-seven, she is happy, healthy and appearing as policewoman Barbara Weston in the popular sitcom *Empty Nest*. This may seem more like a comedown than a comeback for a once-hot teen star who'd made the transition to films, but McNichol calls the move "the smartest thing I ever did. *Empty Nest* is going to show the world what I'm looking like, feeling like and acting like now to get back on top of things again." Although McNichol's career got off to a fast start—she won two Emmys as tomboy Buddy Lawrence on the sophisticated tearjerker series *Family* and went on to star in the movies *Little Darlings* and *Only When I Laugh*—she suffered a breakdown in 1982, when she was just twenty. Unlike Buddy, who had matronly TV mom Sada Thompson to turn to, Kristy says she often had to look after her own mother, who was divorced.

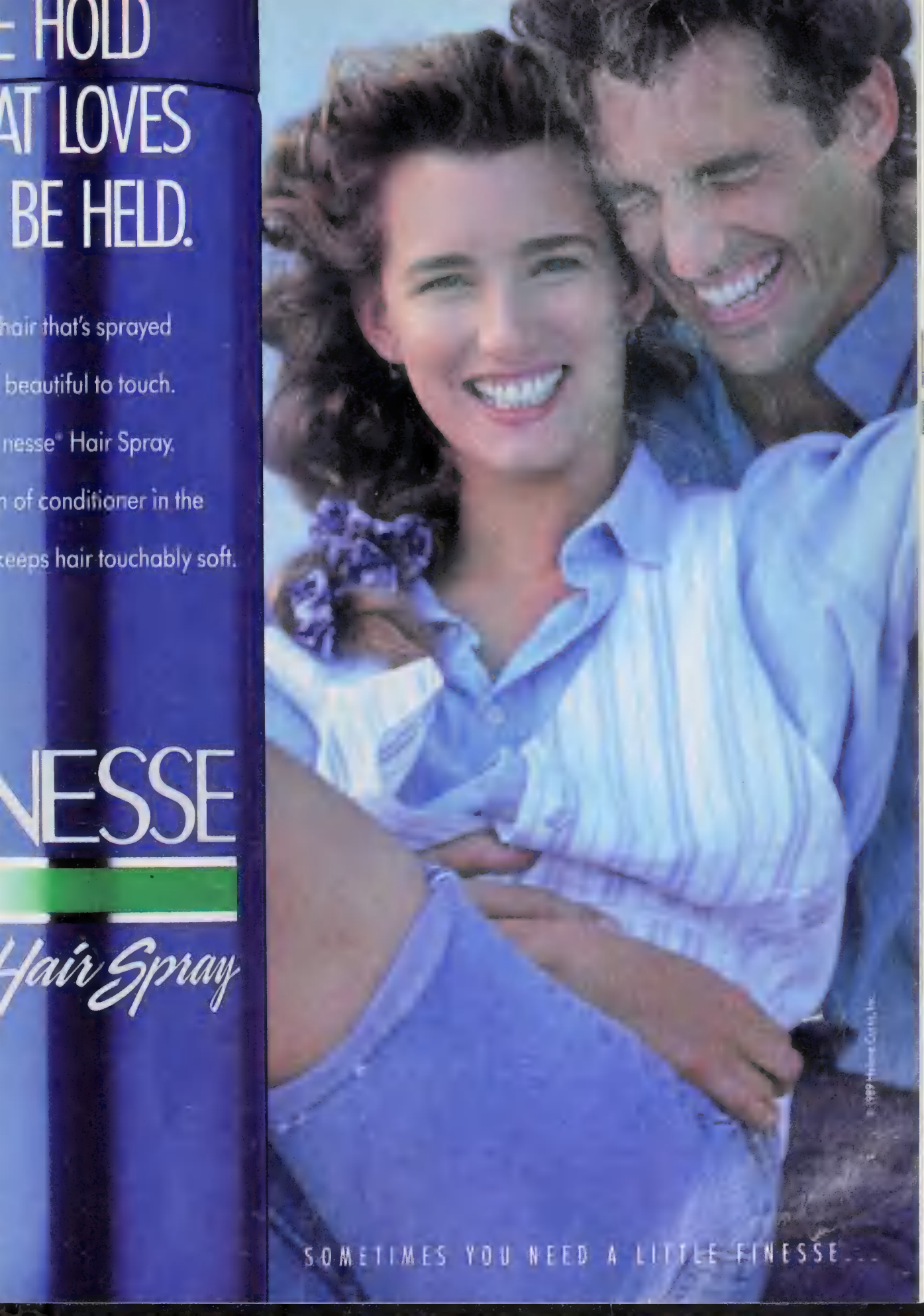
Cast as Buddy, the all-American girl with the white-picket-fence life, she heard "I wish my daughter was just like you" so often that "I started to think I had to live up to that. It was so hard, because I was just as confused as any other teenager." Now, looking back at that stressful time, she says, "I'm sure there was anger toward certain members of my family or people I've worked with, or people who wanted to push me around."

That anger finally surfaced while Kristy was in Europe filming *Just the Way You Are*. When she wasn't working, McNichol cried almost constantly and couldn't eat or sleep. During a Christmas break, she flew home to Los Angeles, where she consulted a therapist. "He saw that I was going through this big career at such a young age without strong guidance from a mother and father, and he said, 'I'm surprised this didn't happen way before now.' "

Kristy's refusal to talk about her trauma led to unfounded rumors of substance abuse that nearly ended her promising acting career. "I never got into drugs," she insists now. "But I was just as emotionally mixed-up."

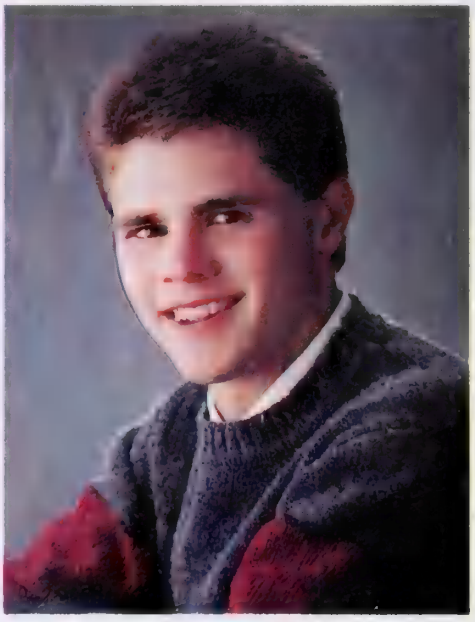
Today, McNichol's life is simple. She lives alone in Sherman Oaks, California. Although she dates regularly, there is no one special at the moment. Her mother and her brothers, actors Jimmy and Tommy, live nearby.

"When I was little, I wasn't a good protector of me," she says wistfully. "I did the best I could until the point came where I just couldn't do it anymore." Now, she adds, "the big hard stuff is over. If I can go through that, I can go through anything." ■


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A FINAL GIFT

Every year, thousands donate the vital organs of loved ones who have died, so that others might live. Without these families, transplants would remain rare experiments, yet these courageous individuals are often ignored. A special story about unsung heroes



When Kevin Ales died suddenly and tragically at eighteen, his parents donated his organs to help others survive

By Frank Maier

It was still dark that January morning as Gary and Jean Ales listened to the day's first newscast on the bedside radio in their quiet St. Paul neighborhood. A "medical miracle" had taken place during the night, intoned the newscaster: Surgeons at the University of Minnesota Hospital and Clinic in Minneapolis had transplanted a heart into a dying fourteen-year-old schoolgirl from South Dakota. Gary and Jean had lain awake all night; in fact, they hadn't slept in three days. Now, as the newscaster cheerfully bounced into the weather report, they were too numb to hear anything else. That miracle heart—now beating so softly in the young girl's chest—had belonged to their son Kevin.

On that grim winter day in 1987 when neurosurgeons declared their eighteen-year-old son brain dead from a ruptured aneurysm, Gary and Jean joined a small but growing band of families who have donated the organs and tissues of their loved ones so that strangers might live, walk or see again. In the pioneering world of transplantation, the surgeons have become medical superstars and their patients media magnets. But donor families—without whom organ transplants would remain mere experimental procedures—have largely been ignored. The privacy protocols of the transplant trade often turn them into faceless, nameless benefactors to the people they have so magnanimously helped and also isolate them from one another in their grief.

"Once they've signed the papers, donor families are pretty much abandoned," says Lucy Griesedieck, a chaplain for a donor-family support group in St. Louis. "They are the forgotten heroes of transplantation."

These heroes are few in number. Only about four thousand American families each year donate the internal organs (such as hearts, livers and kidneys) of their kin. When measured against the estimated nineteen thousand desperately ill people on waiting lists for transplants, that's a tragically tiny supply.

The demand for donors exploded in the early eighties, when antirejection *(continued on page 108)*

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Recommended and guaranteed by the Ashton-Drake Galleries, "Goldilocks" can be yours to cherish for only $68.00...an extraordinary value for an heirloom-quality doll. To order, simply complete and mail the attached Reservation Certificate. "Goldilocks" is issued in an edition that will close forever in 1990, after which no more will ever be made. Order today.

Doll	Maker	Year of Issue	Issue Price	Auctioned Price*	Change
"Little Bo Peep"	Knowles	1987	$58	$275	+$217
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"Mary Had A Little Lamb"	Knowles	1988	$58	$200	+$142

*Source: International Doll Exhibitions & Auctions, Ltd. Prices realized at the Oct. 15, 1989 auction. Other resale prices may vary.

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Please read and follow label directions.
*U.S. PHARMACIST, January, 1987, p. 77

A FINAL GIFT

continued from page 102

drugs came on the scene and dramatically boosted the chances of successful transplants. Yet doctors continue to wrestle with the problem of getting relatives to make donations. The American Council on Transplantation says that although there are an estimated twenty thousand potential donors yearly (those who die in accidents or in other ways that leave organs intact), families permit transplants in only 20 percent of cases.

Why? Understandably, a number of survivors simply refuse. But others may not be aware of their options because doctors have left them uninformed.

"Doctors and nurses are reluctant to get involved," says Dean Kappel, executive director of the Mid-America Transplant Association, one of seventy-two federally designated agencies for obtaining organs. "Some feel uncomfortable about imposing on grieving families. The truth is, many doctors aren't good at facing death. They see death as an enemy that's beaten them." Fearing lawsuits, no physician will consider transplantation without the consent of the next of kin—even if a patient had a donor card.

A federal law designed to increase participation—hospitals are required to ask next of kin to consider donations—is all but a failure. Many facilities, including some of the major transplant centers, have done little to comply with these regulations, according to a recent study. How can doctors escape penalty? There is no good system set up to enforce the law, and, if accused of negligence, doctors can [illegible] that a patient's condition made unsuitable for transplant.

Dean Kappel would like to see donor families recruited to educat public—and medical profession about transplantation. "They better than anybody how impo their gift was in helping them their loss."

A painful choice

As Gary and Jean Ales can attest, those who have been there can understand the sorrow, the ling doubts and feelings of abandon that haunt donor families—or eventual feelings of pride.

The Aleses will never forget. T day, January 6, 1987, was one of t cozy gray days that wrap thems so comfortably around the people choose to live in the northern pl Jean, a forty-nine-year-old artist potter, was puttering in her st She always felt especially conte and creative on days like that. Ga forty-nine-year-old high school g ance counselor, was out gettin leaky gas tank fixed on the car Kevin, the baby of the family, about to take over. Just an ordi day—but one that was to change t lives forever.

At eighteen, Kevin was the h achiever of his senior class at H land Park High, a handsome, v scrubbed kid with an easy smile offbeat sense of humor that he mod after his idol, David Letterman. E to get going on his goal of winni Pulitzer prize, he already was tal college-credit journalism courses. Kevin's bright hopes were snuffed that afternoon, however, when he a sharp pain behind his right ear w at swimming practice. He was rus to Bethesda Hospital, in St. Paul, within hours he was dead of a b aneurysm in his brain, a weaknes the wall of an artery that had g undetected since his birth. The co tion left his other organs unaffec "He looked like he was just sleepi remembers Gary.

Gary and Jean, along with Kev older siblings, Bridget, thirty, Chri pher, twenty-eight, and Sheila, tw ty-five, were suddenly faced wit choice that has been thrust upon th sands of other families: whether to low the intensive care team to k Kevin artificially alive long eno for transplant teams from other m cal centers to remove his heal young organs, corneas and bone. Aleses didn't even wait for the doct to approach them. Jean told the tors: "If Kevin really is dead, we w him to be a donor." "It's part of

y philosophy," explains Gary. ne had to twist our arms."
e hospital immediately contacted merican Red Cross, which sent a ally trained nurse to meet with amily. At the same time, the Red s alerted the United Network for n Sharing (UNOS), based in Rich- l, Virginia, that a potential multi- rgan donor was available.
ll, as the UNOS network began mputer search for likely recipi- of Kevin's priceless organs and es, Gary and Jean began to feel ts about their decision. They were ved that the transplant coordina- ut no pressure on them but was e only to answer questions.
an remembers her final look at n in the intensive care unit. "I felt we were on the threshold of a e where nobody had been before." n the old resolve returned. "We t do it," she said to her husband.

e gave all we could"

day after Kevin was brought into hospital, Gary and Jean sat down the coordinator and began the legal process of donation. It is a al that haunts families ever after, use it marks the point at which r loved one no longer is spoken of a person but more as a repos- of valuable but interchange- parts that must be "harvested." coordinator goes down the consent item by item. "Do you give per- sion and consent to remove from deceased the kidneys?" Then the creas, liver, heart, lungs, eyes, , one organ or tissue after another. an and Gary just nodded as each read. Except for the last. When nurse read "mandible bone," Jean ed up and said simply, "No." ugh they had been assured that surgery would leave Kevin's body entable for an open-coffin wake, n could not imagine letting the sur- ns remove her handsome son's jaw- e. "We just couldn't do that one last g," Jean feels compelled to ex- n. "Maybe another donor parent understand. But we gave all we ld."

family divided

nful as it was, the Ales family's ision about Kevin was less trau- tic than the experience of many er donors. Conflicts can erupt if ily members hold different views. eanne Miller Potts, of Arnold, Mis- ri, faced vehement opposition from family as she pondered whether to ate the organs of her only child, by, twenty, killed in a motorcycle ident in 1986. "My brother was ling, 'You can't let them cut up Bob- by.' There I was, without a husband; my father on his deathbed in the same hospital; the doctors saying Bobby was brain-dead even though he was still warm and breathing. This shouldn't happen in real life, just in the movies."

In the end, Jeanne defied her family and donated all her son's vital organs and both corneas. She did it because she remembered meeting a man awaiting a heart transplant when she had visited her dying father a few days before. "I was still confused, but I told them, 'I gave Bobby birth. I'm the one to make the decision.' "

Her brother was so angry that he refused to talk to Jeanne for weeks. Then a letter arrived from the regional eye bank, saying that Bobby's corneas were being used in medical research. She took the letter and confronted her brother, who suffers from rheumatoid arthritis, a disease that can damage the eyes. "He broke down and cried," she recalls. "That same day he signed an organ-donor card for himself."

Studies show that nine out of ten donor families say they would make the same decision again, that it helped them find meaning in tragic death. But that does not mean these families are satisfied with their treatment by the medical community or the media.

One sore point is the *(continued)*



A FINAL GIFT
continued

casualness of surgeons and the media in describing what the families consider a sacred transaction. Editors only shrugged when Gary and Jean Ales complained about a newspaper article that compared donor organs to automobile parts. "They say a mechanic can give you a new engine; a doctor can give you a new heart," says Gary. "They compare our Kevin's gift to auto parts?" Many hospital ethicists and transplant coordinators agree—they have come to view the impersonal language as a real obstacle.

"This is something much deeper than an act of civic duty or the exchange of a commodity," says David Thomasma, director of the medical humanities program at the medical center of Loyola University of Chicago, a major heart transplant center. "It is a profoundly spiritual act that recognizes that all human beings have an obligation to help one another."

In their hour of need, families all too often feel abandoned. The strict confidentiality practiced by transplant ters is designed to protect the pr of both donor and recipient. But i the side effect of isolating the c families from one another—and comfort they can derive from dis ing the shared experience.

"We've developed support grou recipients of organ transplants," Lucy Griesedieck. "But we've don most nothing to support donor fam in their harrowing process."

Sometimes the system is so ha ard that relatives who *want* to d organs aren't even asked. There national registry of donors. The fa of Lyle Kurtenbach, a construction terials salesman from Rothschild, consin, still feels resentment be they could not donate his organs— though Lyle carried a donor card i wallet when he was killed at the I napolis 500 automobile race in (He was struck by a tire that flew car into the grandstand.) No one a hospital approached Lyle's wife, ren, about donation. "Later I no on his driver's license that he wa to be a donor," says Karen. "Bu

LIVING ORGAN DONORS: BRAVE NEW WORLD?

Twenty-two-month-old Alyssa Leanne Smith, of Schertz, Texas, made headlines late last when she became the first person in the U.S. to receive a liver transplant from a donor—her mother, twenty-nine-year-old Teresa Smith. In a thirteen-hour operation formed at the University of Chicago Medical Center on November 27, 1989, doctors rem a third of Teresa's liver and used it to replace Alyssa's liver, which was damaged by b atresia, the most common cause of liver failure in infants. Without a transplant, doctors the chubby-cheeked toddler (below with her parents) probably would have died within a

Less than two weeks later, the Chicago team performed the procedure on another girl with the same disease, fifteen-month-old Sarina Jones, from Tennessee, using pc her father's liver. At press time Sarina was in critical but stable condition; Alyssa upgraded to fair. The surgeons planned eighteen more living-donor liver transplants in

The operations gave new hope to parents of the approximately five hundred children in the U.S. each year with biliary atresia, a congenital malformation of the bile ducts blocks bile flow and eventually leads to jaundice and other toxic reactions. As many as of these children die because infant donors are so rare. "You can't help but have hope," says thirty-two-year-old Karen Heos, of Old Hickory, Tennessee, whose two-yea son, Ricky, has the disease. "We've got the problem solved right under our roof."

Most doctors take a more cautious view. While the procedure is certainly an exciting br through, live-donor transplants will never provide organs for all who need them. Since liver is the only internal organ that can regenerate itself, the technique cannot be use other cases. Even with the liver, only a small portion ca safely removed from donors. And only very small children survive with an organ that size. Despite this great adv transplant experts say, posthumous donations will remain only way out for the vast majority of patients.



Still, to a desperate parent who has watched helpl while her suffering child waited for a liver donor, the procedure is miracle enough. Says Karen Heos: "Just tell when to be there." —KAREN SPRI

To learn about organ–donor cards, write: Ameri Council on Transplantation, P.O. Box 1709, Alex dria, VA 22313

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it was too late."

nsplant coordinators say the act ing marks the first step in suc- l grieving. "Families that do not e opportunity to donate often feel later," says Douglas Penrod, a plant coordinator with the Re- l Organ Bank of Illinois.

ny families agree. "For me the on brought comfort, not more " says Peggy Rickard Bishop, e three-year-old-son, Jeffrey, died cerebral hemorrhage just before tmas 1982. "If I hadn't donated rgans, I would be less at peace I am," says Peggy, a social work- the Red Cross in Cleveland. "My ey turned out to be a gift to five families."



weet memories: Jean and Gary Ales (right) re this last photo of their whole family. left: Kevin, Sheila, Bridget and Christopher

metimes, donation is a fitting me- al. Aaron Throgmorton, twenty- had a signed donor's card in his et when he fatally shot himself a pistol on Christmas Day, 1986. ng to comfort his father, Marland gmorton, a forester in the little of Anna, Illinois, the hospital lain urged him to "think about ing a tragedy into something ive." Throgmorton recalled that nd Aaron had signed donor cards visiting a neighbor who had a t transplant two years before. ldenly everything clicked. I knew t Aaron would have wanted."

hile many donor families want to et their agonizing ordeal, Marland gmorton, Jeanne Potts and Peggy op all have become volunteer kers for transplant agencies. "We somehow to give our kids' lives e meaning," says Throgmorton.

elp may be at hand. Gary and Jean recently organized Families and nds of Organ Donors, and that has ired others. "Our goals are pretty c," says Gary Ales. "First we want ocate and support one another. n we want to reach out to the pub- and maybe establish memorials to or all organ donors."

he few support groups that have started try to provide a measure ympathy and understanding. Gary Ales remembers meeting the father of an organ donor who was haunted by the image of his daughter being mutilated. "He grew up on a farm and had seen animals butchered. Even though he knew in his head that isn't what happened to his child, it tormented him. But he had nobody to talk to about it. Who could understand but another donor parent?"

Donor families can also be the best teachers for educating the public. "Many families would love to be called on to give speeches or grant interviews—if only someone thought to get them involved," says Jean Ales.

As a primary goal, the Aleses' group would like to see the President declare a National Donor Recognition Week.

"None of us wants personal recognition," says Gary Ales. "And it's not our intention to break down the walls of privacy. But it's time professionals acknowledge that without the generosity of donor families, all their technical breakthroughs mean nothing."

A few weeks after they had donated Kevin's organs, Gary and Jean Ales received a letter telling them in anonymous terms who had benefited from their generosity. One kidney went to a thirty-seven-year-old woman at the Mayo Clinic, the other kidney to a thirty-seven-year-old man from South Carolina. Kevin's liver saved the life of a Minnesota mother of two teenage boys. His heart went to a fourteen-year-old girl from South Dakota who was dying of hypertrophic cardiomyopathy, a thickening of the heart muscles. His lungs were used in research; his skin and bone helped an undetermined number of people; his corneas restored the sight of two people.

In the same mail with the letter was a replacement driver's license from the State of Minnesota for the one Kevin had lost two weeks before he died. As Kevin had directed, embossed on the front of the license was the word "DONOR." ■

Frank Maier, fifty-six, is the former Midwest bureau chief for Newsweek. Three years ago, he himself underwent a liver transplant at the Mayo Clinic, in Rochester, Minnesota, and wrote about his experience in a Newsweek cover story. Maier recently took early retirement to devote himself to free-lance writing and, as he puts it, to introducing his two grandsons to the joys of fire stations, baseball games and passing freight trains. He knows that were it not for the generosity of the parents of a teenage boy who died in an automobile accident in Louisiana, none of this would have been possible. He is now writing a book about his experience, to be distributed by Crown Publishing.

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MEDINEWS

By Sally Squires

TO HELP YOU AND YOUR FAMILY STAY HEALTHY

Fighting cancer with fish

Now there's more good news for seafood lovers: A twenty-six-nation study done at the Ludwig Institute for Cancer Research, a recently disbanded Toronto organization, found that higher fish-consumption rates go hand-in-hand with lower breast-cancer rates. Omega-3 fatty acids—a group of oils found in fish—may help counteract breast-tumor production by reducing blood levels of estradiol, a hormone that has been linked to breast cancer.

Preliminary research also suggests that fish oils, which have received publicity lately as potential aids in lowering cholesterol, also may help fight prostate, colon and other cancers, according to the National Cancer Institute.

Episiotomy update

Obstetricians have long believed that episiotomies—surgical enlargement of the vaginal opening during childbirth—prevented uncontrolled tearing of nearby muscles and tissues. But the latest studies suggest otherwise.

Researchers at Johns Hopkins University, in Baltimore, found that though women who had episiotomies suffered fewer *minor* injuries, they were four times more likely to suffer *severe* tearing than women who did not undergo the procedure. Another study, done at Albert Einstein College of Medicine, in New York, found that, because of increased stress on nearby tissues, women who delivered with their legs elevated in stirrups were more likely to suffer severe injuries if they also had episiotomies.

These findings confirm earlier studies done at the University of North Carolina at Chapel Hill, where researchers concluded that there was little evidence to support routine episiotomies.

Sally Squires is a health writer at The Washington Post. She is also the co-author of the book "The Stoplight Diet for Children" (Little, Brown, 1988).

An extra hour of Z-Z-Z

Turn off that TV and get to bed! A new study at the Henry Ford Hospital in Detroit shows that sixty more minutes of sleep a night can help people work and drive better during the day, even if they're getting seven or more hours of shut-eye each night. Timothy Roehrs, Ph. D., who conducted the study, cautions that sleeping later won't help. You need to get under the covers an hour earlier if you want to awaken with that rarin'-to-go feeling.

A folksy remedy

Medical science has finally proven what women have been telling each other for years: If you suffer from frequent vaginal yeast infections, eating yogurt can help. In the first controlled study to determine the possible benefits of yogurt consumption for patients with vaginitis, researchers at Long Island Jewish Medical Center, in New Hyde Park, New York, found that infection-prone women who ate a single eight-ounce serving of yogurt every day reduced their infection rates by about two thirds over a period of six months. But eating just any yogurt won't necessarily do the trick; researchers say yogurt that contains active lactobacillus acidophilus cultures reduces infection rates. Since it's hard to find these bacteria in supermarket brands, you might want to make your own yogurt using lactobacillus acidophilus milk, available at many health-food stores.

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CHILD STAR, CHILD ADDICT



Photo: Steve Schapiro/Gamma-Liaison. Hair and makeup: Wendy Osmundson for Cloutier

At seven she was famous, but by age twelve Drew Barrymore was hooked on pot, cocaine and alcohol. Now, at fifteen, she is struggling to stay sober—and rebuild her young life

By Joanne Kaufman

The brass plate outside the stall at the Los Angeles Equestrian Center bears the name "Mocha Bailey" in large letters. Engraved underneath in smaller type is another name, "Drew Barrymore." But the actress isn't grousing; in fact, it's clear from her rapt expression while she gives Mocha a pat that this big (sixteen hands high), brown (almost the same shade as Drew's on-screen pal, E.T.), five-gaited saddle horse can have top billing forever.

"I just found out that she loves Snickers bars," confides the fifteen-year-old. Clad in a white T-shirt, a silver-bead necklace she sometimes fingers nervously, a blue sweater, torn and faded blue jeans, and plain black boots, Drew could be any wholesome teenager chattering enthusiastically about her much-loved horse.

Average, however, she isn't. Not long ago Drew was the pint-size party girl who made tabloid headlines as a thirteen-year-old addict and alcoholic. By her own admission, she started sneaking cigarettes and beer at nine, moving on to marijuana and cocaine by age twelve. Then, at thirteen, she underwent drug rehabilitation, only to relapse and finally, at fourteen, slash her wrists—all in the public eye. Now in therapy, she's working hard to understand herself and her addiction. And as part of that process she wrote her *(continued on page 121)*

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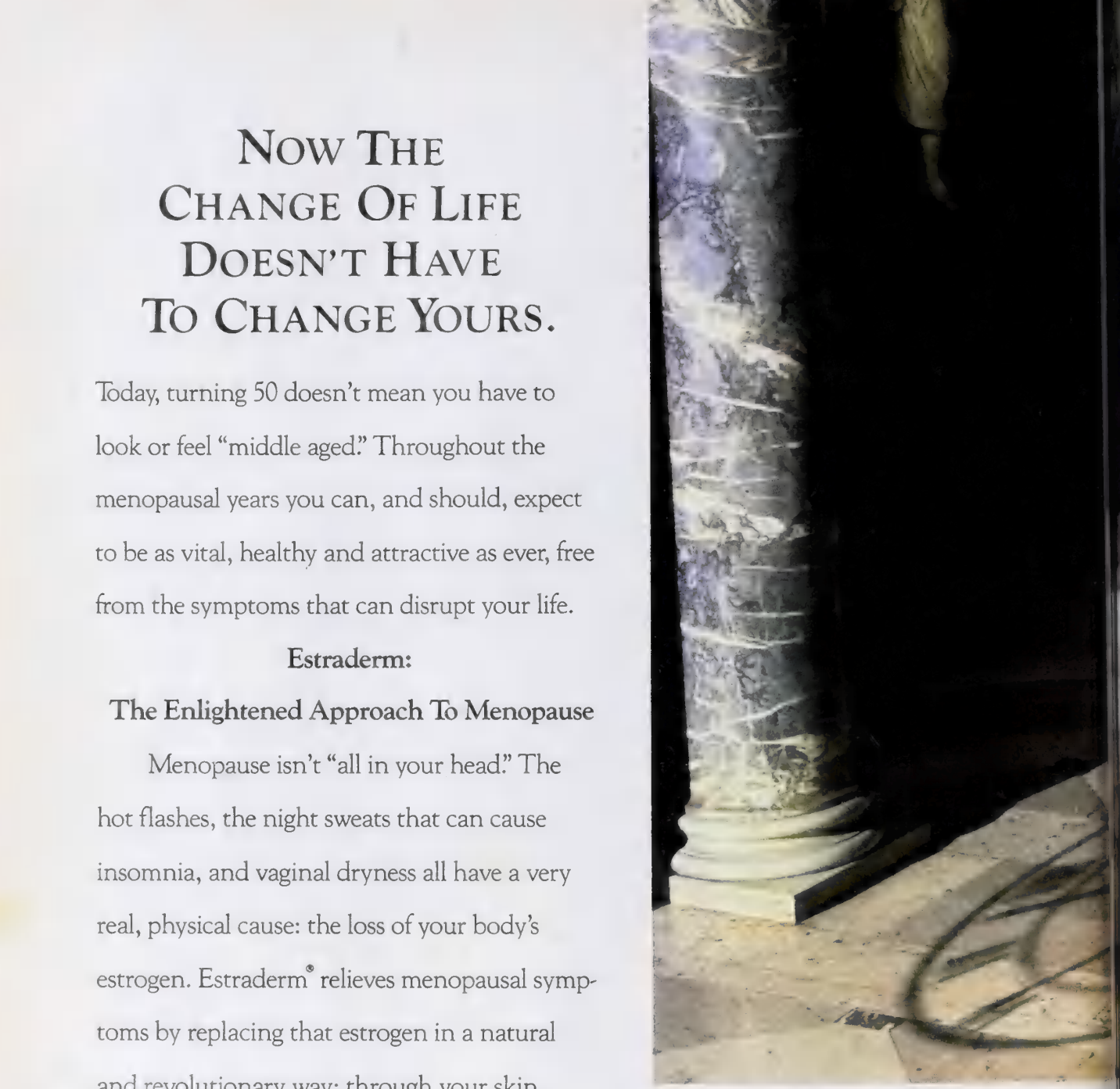
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ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA.

Three independent case control studies have reported an increased risk of endometrial cancer in postmenopausal women exposed to exogenous estrogens for more than 1 year. This risk was independent of the other known risk factors for endometrial cancer. These studies are further supported by the finding that incidence rates of endometrial cancer have increased sharply since 1969 in eight different areas of the United States with population-based cancer-reporting systems, an increase which may be related to the rapidly expanding use of estrogens during the last decade.

The three case control studies reported that the risk of endometrial cancer in estrogen users was about 4.5-13.9 times greater than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least ■ semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration; it therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persistent or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses.

ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.

The use of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case control study estimated ■ 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to sex hormones (oral contraceptives, hormone withdrawal tests for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female sex hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

INDICATIONS AND USAGE

Estraderm is indicated for the treatment of the following: moderate-to-severe vasomotor symptoms associated with menopause; female hypogonadism; female castration; primary ovarian failure; and atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae.

CONTRAINDICATIONS

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast;
2. known or suspected estrogen-dependent neoplasia;
3. known or suspected pregnancy (see Boxed Warning);
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders;
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use.

WARNINGS

1. *Induction of Malignant Neoplasms.* Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There are now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although ■ recent long-term follow-up of a single physician's practice has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal mammograms.

threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

3. *Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives.* There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women.

a. *Thromboembolic Disease.* It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of retinal thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives. If feasible, estrogen should be discontinued at least 4 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors or who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with ■ history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in ■ large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk.

b. *Hepatic Adenoma.* Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

c. *Elevated Blood Pressure.* Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use, especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

d. *Glucose Tolerance.* A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

4. *Hypercalcemia.* Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

PRECAUTIONS

General

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as a cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.
2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., asthma, epilepsy, migraine, and cardiac or renal dysfunction).
3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.
4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.
5. Studies of the addition of a progestin for 7 or more days of ■ cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.
6. Oral contraceptives appear to be associated with an increased incidence of mental depression. Although it is not clear whether this is due to the estrogenic or progestogenic component of the contraceptive, patients with ■ history of depression should be carefully observed.
7. Preexisting uterine leiomyomata may increase in size during prolonged estrogen use. If this occurs, estrogen therapy should be discontinued while the cause is investigated.
8. In patients with a history of jaundice during pregnancy, there is an increased risk that jaundice will recur with the use of estrogen-containing oral contraceptives. If jaundice develops in

continued while the cause is investigated.

9. Estrogens may be poorly metabolized in patient[s] paired liver function and should be administered with[caution] such patients.

10. Because the prolonged use of estrogens influence[s] tabolism of calcium and phosphorus, estrogens shoul[d be used] with caution in patients with metabolic bone disea[se] ciated with hypercalcemia and in patients w[ith] insufficiency.

Information for Patients

See Patient Package Insert.

Drug/Laboratory Test Interactions

The results of certain endocrine and liver function tes[ts] affected by estrogen-containing oral contraceptives[.] lowing changes have been observed with large dos[es of] estrogen:

1. increased sulfobromophthalein retention;
2. increased prothrombin time; increased factors V[II] and X; decreased antithrombin 3; increased no[r]rine-induced platelet aggregability;
3. increased thyroxine-binding globulin (TBG), lead[ing] creased circulating total thyroid hormone (T_4) as [de]by column or radioimmunoassay; free T_3 resin [up]decreased, reflecting the elevated TBG; free T_4 c[on]tion is unaltered; TBG was not affected in clinic[al] Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid c[on]tion, and decreased pregnanediol excretion.

The pathologist should be informed that the patient[is] ing estrogen therapy when relevant specimens are s[ub]

Carcinogenesis, Mutagenesis, Impairment of Fert[ility]

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and [synthetic] estrogens in certain animal species increases the fre[quency of] carcinomas of the breast, cervix, vagina, and liver.

Pregnancy Category X

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

Nursing Mothers

As a general principle, the administration of any drug t[o nursing] mothers should be done only when clearly necessa[ry since] many drugs are excreted in human milk.

ADVERSE REACTIONS

See WARNINGS and Boxed Warning regarding pot[ential] verse effects on the fetus, induction of malignant ne[oplasia,] increased incidence of gallbladder disease, and ad[verse] fects similar to those of oral contraceptives, i[ncluding] thromboembolism.

The most commonly reported adverse reaction to E[straderm] in clinical trials was redness and irritation at the applic[ation] This occurred in about 17% of the women treated an[d] approximately 2% to discontinue therapy. Reports of r[ash] been rare.

The following additional adverse reactions have [been] ported with estrogenic therapy, including oral contrac[eptives]

Genitourinary System: Breakthrough bleeding, change in menstrual flow; increase in size of uterine [leio]mata; change in cervical erosion and amount of [cervical] secretion.

Endocrine: Breast tenderness, breast enlargement.

Gastrointestinal: Nausea, vomiting; abdominal bloating; cholestatic jaundice have been observed [with] estrogen therapy.

Eyes: Steepening of corneal curvature; intolerance t[o] lenses.

Central Nervous System: Headache, migraine, dizz[iness]

Miscellaneous: Change in weight, edema, change i[n]

HOW SUPPLIED

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Estraderm 0.1 (estradiol transdermal system)—each system contains 8 mg of estradiol USP for nomin[al] ery of 0.1 mg of estradiol per day

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Carton of 1 Patient Calendar Pack of 24 Systems .....NDC 0083

*See DESCRIPTION.

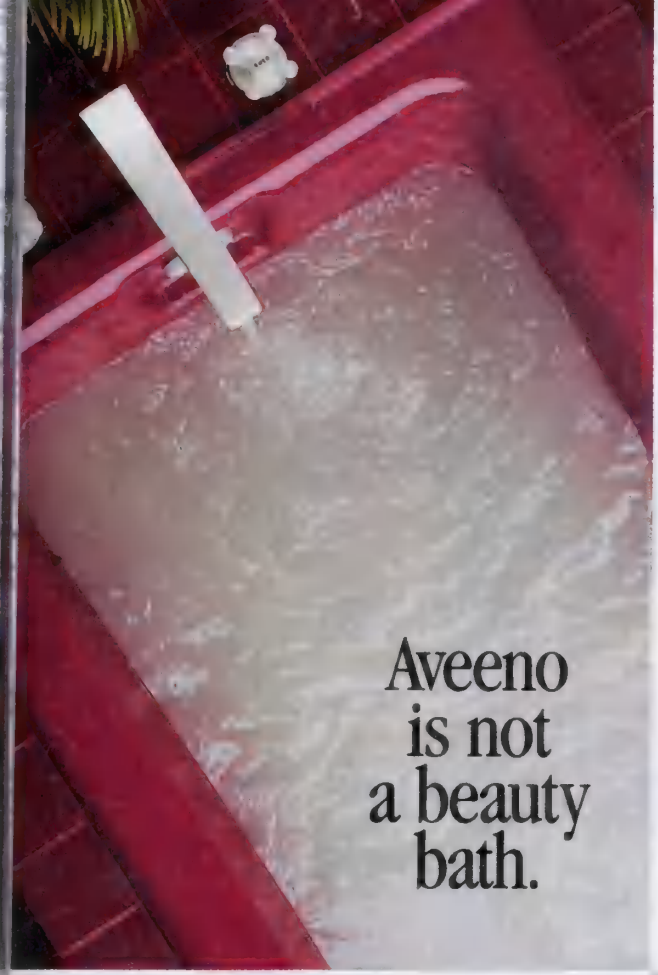
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white picket fence and filled with brothers and sisters (she used to pretend her baby-sitters were her siblings), headed by two parents who were crazy about each other.

Instead, she was an only child living with her mother, Jaid, an aspiring actress who gave up a moderate career to become Drew's manager. Absent from the scene was her alcoholic father, John, whom Jaid had left while pregnant with Drew. The memories Drew has of John Barrymore, Jr., are not pleasant. She says she can remember him hurling her into a wall, for instance. During other rare encounters, she recalls in her book, he put her hand through a candle flame, and asked the little movie star to put her autograph on a check for him. [*LHJ* was unable to locate Barrymore for a comment.]

For Drew, who got her first job in a dog-food commercial at eleven months (she didn't lose her cool even when the co-starring puppy bit her), acting was a welcome escape. "I want to be a star," Drew announced just after *E.T.* Why? "Because it makes you feel good."

In Drew's case, stardom seemed almost ordained. After all, the name Barrymore calls up a thespian family tree rooted in the nineteenth century: the renowned English actor Maurice Barrymore and his actress wife, Georgiana Drew, on down through Drew's famous great-aunt and -uncle, Ethel and Lionel Barrymore.

But if talent was one legacy, so was pain that seemed dissoluble only in alcohol. Drew's grandfather, the great Shakespearean actor John Barrymore, Sr., drank himself to death, while Aunt Diana Barrymore wrote of her insatiable appetite for drink and drugs in the memoir *Too Much, Too Soon.* "As they say, there are diseases that are hereditary, but blaming it on your family is scapegoating them," says Drew. "I never felt I had a problem because they did. It wasn't a matter of 'Oh, *that's* *(continued)*

DREW BARRYMORE

continued from page 116

published autobiography, *Little Girl Lost* (Pocket s, $17.95).

cting in a restaurant near the stables, ordering a diet e and a Cobb salad ("hold the avocado, eggs, bacon blue cheese, please"), Drew still seems overwhelmed hat she's been through. "To tell the truth, I used to eally in the dark about why all this stuff was happen- o me," she says. "But in reality, everything happens reason.

m a believer in fate," she continues, "and I'm not too atic about it sometimes. But as weird as it sounds, I ldn't change anything that happened because I really where I am today, and if I didn't do what I did for the five years I wouldn't have these things."

hat Drew has now—hard-won sobriety and new- d stability—were not at all what she wanted six s ago. What she desired then was, quite simply, a without boundaries. "I didn't want to be controlled," says flatly. "I didn't want people telling me what to was hurting other people, but I wanted my own way. d most of these things to myself. There are a few gs that happened to me that were beyond my power, I have to deal with them one by one. I don't know. . ." says, her voice trailing off.

ne thing beyond Drew's power was how quickly fame ck with *E.T.* when she was only seven. "All of a den it was like this *earthquake*," she says. "People ted things from me and expected me to be so much r. It was very frightening."

or could she control her unhappy family situation. As mall child, she longed for a house surrounded by a





DREW BARRYMORE
continued

why this is happening to me; *tha* why I'm doing this.' "

As a matter of fact, she was "do this"—drinking, smoking, club-h ping—for the same reason she lik acting: It made her feel good. Wh she partied, she felt she was somec completely separate from the kid w was disavowed by her father, cal "pig" and "fatso" by jealous classma and castigated by her private-sch teachers for not working hard enou The more partying, the better: ev night, all night. Often, Drew confid it was her unsuspecting mother w drove her to these Hollywood partie

Drew's mastery of the sweet sm and innocent air—after all, she's actress—made it easier for her moth to think that all was well. "She rea *wanted* to believe me," explains Dre "She wanted to believe that I was doing something really bad."

Jaid, for her part, declines to co ment on Drew's problems or their lationship. The two now live apa Drew with rocker David Crosby a his wife, Jan Dance. Crosby, wh Drew refers to as her godfather, kno something about substance abuse hi self. Now a recovering addict, he w sentenced to prison more than once drug possession.

Her mother didn't seem to notice first time her ten-year-old daugh was stoned (the mother of one Drew's friends provided the pot a pointers on puffing). She didn't, Dr says, wonder why her little girl w passed out in the backseat on the w home from a party (Drew had down six or seven drinks). Jaid ne seemed to smell the beer on her dau ter's breath, and she always seemed buy the explanations for missing loosely enforced midnight curfew— least, according to Drew.

"I'd come up with the strangest r sons for why I was home three ho after I said I would be," says this f mer wild child, reciting the list of l old excuses. "The car broke down, friend's motorcycle light went out was eating in a restaurant and I really sick and I threw up."

.Eventually Jaid cracked down, their relationship grew tense. "It wa tug-of-war that marked the start what became my constant struggle more freedom," recalls Drew. "It ma me hate authority. I thought the k to happiness was being older. Adu hood—yeah, that was it. Twenty-c became my magic number."

The number she heard more of was two, as in "you're grounded two weeks." Confrontations beca

onplace. During one, Drew snarl--and obscenely—suggested that nother needed a man around. ed, her mother told her to find where else to stay and threw her dred-dollar bill.

en another fight ended with throwing glasses and vases d the house, her mother decided ng her to ASAP Family Treat- Center, a private drug and alco- habilitation center in Van Nuys, rnia. She checked out twelve later to go on location for her movie, *Far From Home*. She re- d to the hospital after the shoot, r only six days before leaving for York to audition for a play.

her own, Drew got right back drugs. Just a few days later, she an older model friend hopped a back to Los Angeles, where they on a cocaine spree, using Jaid's card to bankroll the adventure. desperate to help her daughter, agents to burst into her own , handcuff Drew and haul her to ospital.

ally, someone was firmly saying No more manipulation, no more , no more acting out. After more three months, Drew was dis- ed, again declaring, "I don't want back to my old ways." But a little than twelve weeks out of rehab, secretly smoked pot with an old y. Several weeks later she got high and kept quiet about that lapse, Plagued by guilt and desperate to elp, she slashed her wrists with a en knife, an act that landed her in ASAP. After a forty-five-day she was released last October.

hy should this time be any differ- "I care a lot about myself now and t the people I would hurt in the

o be honest," says Drew, "the scariest question e ever been asked is 'Are you going to stay sober the rest of your life?' I really have no idea."

ss if I go down," Drew insists. oiding temptation, however, is an ng battle. "Some people have this e that when you get clean, you ne this perfect angel, and it's real- t like that," she says. "You don't the urge to be naughty. You just to gain control over it.

o be honest," she adds, "the scari- question I've ever been asked is you going to stay sober for the of your life?' because I have no ol over that. I have no idea. I can take it one day at a time," she reciting the litany of recovering cts. "I need to stay in the moment. I can't look too far ahead."

Drew says she and her mother are on better terms now. To understand the role she played in Drew's problems, Jaid has sought professional help herself. "We love each other a lot, and eventually we'll move back in together, but right now we're concentrating on ourselves," says her daughter. "I did all the drugs and stuff when I was living with her, and I need to prove I'm going to be good when I'm in her hands again."

The structure that was lacking in Drew's home life, she says, is very much a part of it now. "There are a lot of boundaries and a lot of people around who love me and can really help me when I have things I don't know how to deal with yet," she says. Bolstered by weekly therapy sessions, she's learning to bring her temptations and fears front and center rather than stifling them.



Drew was a precocious party girl at seven, but lack of discipline and life in the fast lane took a toll on the child star by the time she was thirteen

The Crosbys insist that Drew—the star of seven movies—straighten her room, lend a hand with the laundry, clean up after herself and help with the animals. She is permitted to go out on auditions only when homework is done.

Drew is eager to get her career back on track. Since the blockbuster *E.T.*, she has appeared in a string of commercial and critical flops including *Firestarter*, *Cat's Eye* and *See You in the Morning*. Her manager, however, insists that she's constantly getting scripts, and she hopes to begin work on a movie this summer.

Although Drew used to be seen in sexy miniskirts and high heels, dancing the night away with men twice her age, now she spends her *(continued)*



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DREW BARRYMORE
continued

evenings with new friends, mos whom are also recovering add They go to the movies, restaurant Alcoholics Anonymous meetings. says she doesn't have a boyfriend r now.) Clubs and most parties are the forbidden list because "my go ther doesn't want me put into slipp situations. So that's it," she si "There you have it. It doesn't so like really a lot, and sometime isn't."

Curfew is ten-thirty on sch nights, between eleven and midni sometimes twelve-thirty, on weeke Drew admits she occasionally ch at the restriction: "It's very differ because I've never had someone me 'be back at this time' and mean

Drew says that she finally likes self, if not completely. "There things that I haven't accepted ab my body, my face, my hair," she s "Really *women* kinds of things."

She still has to work things out w Jaid, whom she "hangs out with" ev Wednesday. "We had this huge built of pain and issues and crazine says Drew, "and we have to breal down." She's also working to put a the painful memories of her father I don't, it's going to drag me down, I don't want that," says Drew, hasn't heard from John Barrym since the last time he called for mon in July: She refused. "No," she s softly and curtly. "I don't talk to hi

Little Girl Lost "went into deve ment"—that's how this show baby put it—"because I wanted write something that someone co relate to and know she isn't the o one who goes through this."

Why relive the agony? Drew shr that off: "What hasn't been told ready?" Nonetheless, she was su ciently nervous to have her mana and publicist sit in on the *LHJ* in view. "People have said and prin things I had no control over, and not like I have a lot of secrets a more. I have experience, and I wan share that instead of sharing the ba was doing."

Drew Barrymore knows she still a distance to go, and she knows fi experience how easy it is to get off track. Still, she says, "it's the great time and the best time for me." she'll tell you, it's not always the h piest—staying sober is a daily str gle. But at least there's Mocha ride—and the chance to escape fr being a child star to being just a kid

Joanne Kaufman writes frequen about celebrities for LHJ.



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"There's always room for one more"

When the Hoelschers decided to adopt, they took the kids nobody else wanted—and are now the proud parents of fifteen

By Sylvia Whitman



Will van Overbeek





Dinner at the Hoelscher residence is always a lively affair. At five-thirty sharp, the sound of many, many little feet can be heard running toward the dining room, accompanied by shrieks and boisterous laughter. Crispin and Margie Hoelscher, the busy parents of this brood, help to get everyone seated around the big table, while the kids chatter among themselves and tell their parents about school that day. Cris tries to maintain order amid the babble of voices, and Margie dishes out the food, passes the plates and then feeds the children who need help.

If all that commotion sounds like any average family dinner, think again: With a grand total of fifteen children, all of them adopted and most of them disabled, the Hoelschers aren't average by any standard.

Except for Sunday dinner, which is "a little more formal than the weekday zoo," Margie says, the table is set with paper plates and cups to make clean-up time a bit easier. "Things change when you have a lot of kids," she explains. "One thing you learn is that you don't need china."

What you *do* need is love—something that Margie and Cris, both forty-two, have in abundance. Ever since the couple adopted their first child nineteen years ago, they knew they were meant to be parents—even to a household of this size.

Not that it isn't a stretch to feed, clothe and educate such a big family. Money is tight, the Hoelschers agree—their grocery bill alone comes to $300 to $400 a week. "We go to the sales and buy as many as we can of each discounted item," says Margie, a homemaker. Fortunately, Cris's employee health-insurance plan (he's a letter carrier) covers virtually all of the kids' medical expenses. The family also receives Supplemental Security Income (SSI) payments from the federal government for some of the children. Still, balancing the budget is a never-ending challenge. The reward is all those smiling faces. "Whenever we're feeling

(continued)

From the family album: The busy brood pauses for a group photo during last summer's frolics (top). Then baby Vince swims with three of his big brothers (center), and Travis gets a lift from his dad (bottom)

Right now, Gloria Wood is sending money to her daughter in San Diego.



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FAMILY portrait



(continued) low, one of the kids is always ready with a hug,'' says Margie.

Home for the family is a seven-bedroom, three-bathroom ranch in suburban Austin, Texas. ''We've added on to the original three-bedroom house we bought back in 1976,'' explains Margie. ''We've also converted the garage into a bedroom, but we still need more space. Most of the kids have to share the bedrooms. It gets a bit crowded sometimes.'' Downstairs, you're as likely to find wheelchairs and oxygen tanks as you are toys and tricycles. The furniture isn't new, and the rooms are comfortable rather than spotless. But most of all, this is a house filled with love. ''Being parents is the most important thing we do,'' says Margie. ''It doesn't matter if our house isn't perfect or the laundry isn't done; you have to let some things go. I want to spend most of my time and energy on being a mom.''

With fifteen kids, she certainly gets plenty of practice. ''People are always asking us, 'How do you do it?' '' Margie says. ''They think that we're saints. But we're not. We're just normal parents. Sometimes we lose our tempers, and we make bad calls like everybody else does. The thing is, we *like* being parents, and we wouldn't do it if we didn't want to.''

''I want to spend most of my time and energy being a mom,'' says Margie Hoelscher. ''It doesn't matter if our house isn't perfect or the laundry isn't done. Being parents is the most important thing we do.''



The Hoelschers were in their early twenties when they learned they couldn't have children of their own. Then, in May 1971, while Margie was working as a bookkeeper in a maternity home for unwed mothers, she spotted Tim, an adorable ten-month-old available for adoption through an agency associated with the home. No one had been willing to take him because doctors thought he might be retarded. ''Tim needed a family, and we felt like we were the right ones for him,'' Margie recalls. The baby was placed with them that month. Two years later, the Hoelschers adopted Sarah, a healthy three-week-old infant, from the same agency.

Still, they felt the need to do more. So in 1974, Margie and Cris started taking in foster children. But after caring for twenty-five foster babies in almost three years, the couple realized that they weren't cut out to be temporary parents. ''We had invested so much love in those babies that it was just too hard to give them up,'' Margie explains. ''Children need committed parents.''



They discussed adopting more kids, but Cris, one of nine children, wasn't sure he wanted a big family. Then, in 1982, he learned that he had testicular cancer. Fortunately, the disease responded to treatment, but the seriousness of it made him reexamine his priorities. ''I discovered that above all else, I valued being a father,'' he says.

Today, besides Tim, who is now nineteen and will graduate from high school this spring (he was rediagnosed as learning disabled) and sixteen-year-old Sarah, the family boasts thirteen other children. There's eleven-year-old Jerome, who was born with scoliosis and two holes in his heart; today he's a B student and even plays baseball. Most of the Hoelscher kids attend special-education *(continued)*

More warm-weather fun: Once little Katy knows that she's going to go swimming, Margie can barely keep her in the house long enough to put on her bathing suit (center). And there are plenty of grins to go around as eldest daughter Sarah, sixteen, poses playfully with her loving folks (bottom)


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After the swim, Cris feeds a snack to four-year-old Aaron (left), while Margie and company relax on the couch with their dog, Baby (below)



FAMILY PORTRAIT
continued

classes at the local public school. Travis, eleven, has spastic quadriplegia—a form of cerebral palsy—and congenital glaucoma. He also gets B's in school. David, eight, has attention-deficit hyperactivity disorder, yet last year he was a straight-A student. "If I'd studied I would have gotten A-pluses," he confides.

Six-year-old Heather, a lively pixie with short strawberry-blond hair, was born with hydrocephalus (enlargement of the fluid spaces in and around the brain) and epilepsy, and is prone to seizures. When she was two, a stroke paralyzed her left side. Zachary, also six, who suffered brain damage at birth, has a seizure disorder and cerebral palsy. Michael, five, is brain damaged and developed infantile spasms as a baby; he is also mildly retarded and legally blind. "I call him my Latin lover," says Margie, "because he's so dark and handsome and he loves people." Four-year-old Aaron suffered severe brain damage and lost his eyesight ter being badly beaten by his b mother. "Society used to put kids him into institutions and they'd young," says Margie. "But our do thinks that Aaron will probably into his twenties. He's very special

Next there's four-year-old Joey, contracted congenital syphilis from teenage mother at birth; he is deaf confined to a wheelchair because has poor muscle tone. Also fou Katharine Elizabeth, named for K Hepburn and Liz Taylor "because has such a determined look about mouth," says Margie. Katy, as family calls her, has Prader-W syndrome, a rare genetic neuro-e crinological condition that causes cessive weight gain. Laura, three, congenital speech and vision proble

One-year-old Vincent sufferec stroke before he was born, and doc expected him to have cerebral pals a seizure disorder as a result. Thus he shows no symptoms of either co tion. The newest member of the fa is eight-month-old Samuel Lee, ad ed last October. Named for the fa neurosurgeon, he has two forms of drocephalus and required three op tions soon after the adoption.

The only child not at home is t teen-year-old Angela. In 1984,



argie made the difficult decision her into a residential treatment y. Born with fetal alcohol syn-, Angela gradually became so nally disturbed that she could nteract with others. But the hers visit her regularly.

condition that he put them on without help. "He has to get up earlier than anybody else in order to be dressed for school on time," says Margie. "It's hard to watch him struggle to get the shoes on, but I have to. The children need to reach their potential, and the only way



Katy, Michael and Laura are damp but happy after their dip in the pool. Swimming is therapeutic as well as fun

gie says, "Sometimes we look at the couple t door; now that their kids are grown, they're inning to travel, and we think, What would it ike if we'd had only two children instead of een?" The answer: "It would be boring!"

kids may have problems, but eat thing is that they don't feel ed by people—we don't let them," Margie. "Not all of them will be rs, but they're going to make it gh school and hopefully have kind of job, whether it's digging s or planting a garden and sell-getables."

that end, Margie and Cris en-ge self-reliance. For instance, Travis wanted high-top sneak-hey bought him a pair—on the

to do that is to see to it that they do as much as they can."

Because Margie hopes that other parents of special-needs kids will have similar goals for their children, she spends her "spare" time working for a state program, training adoptive and foster parents of abused or handicapped kids and writing for her state's adoption newsletter.

Do she and Cris ever have regrets? "Sometimes we can't help looking at the couple next door," says Margie. "They're about our age and their kids are almost grown and they're starting to travel. And we think, What would it be like if we'd had only two kids instead of fifteen?" Her quick answer: "It would be boring!"

Every night, as she and Cris tuck their brood into bed, that fact is brought home to her more clearly than ever. "This is our life and we love it," she says, looking down on baby Samuel, fast asleep in his crib. "We wouldn't want things any other way." ■



fiction

A memory of dancing



There was still so much Frances wanted to share with her mother, but suddenly time was short. Why did something so inevitable come as such a terrible shock?

By Diane Salvatore

Some days, the trip from the tweed recliner to the bathroom took her mother hours, it seemed to Frances. The aluminum walker, with its hard rubber feet, made a rhythmic squeaking noise as her mother cautiously maneuvered it across the shag rug and left it outside the bathroom door. "Parking your car," Frances's husband, Donald, would say, teasing her. And she would laugh, her eyes crinkling as she smiled her nearly toothless smile. But Frances was not sure anymore how much her mother really understood.

In Frances's dreams her mother was about sixty, the age she was when she first moved in with them. In the dreams her mother was in the kitchen, making a stew, preparing a roast, always on her feet, moving quickly from stove to sink, chopping vegetables with her strong, sure hands, humming softly, pausing to toss some crusts out the side door to the sparrows. Her cheeks would be flushed, her apron damp and wrinkled from drying her hands on it.

Frances's own daughter, Vicky, was just a little girl when her mother came to live with them, and thick sandwiches or hot plates of noodles would be waiting for her when she came home from school for lunch.

"Tell me about Grandpa," Vicky would say. She loved to hear about him. Her grandfather had died young, a man of fifty, before Vicky was even born. Frances's mother would always tell the same story, about what a wonderful dancer he was, especially at the foxtrot and the lindy, and how, during a slow number, he would pull her close and say, "You sure feel good in my arms, Ellie."

These days, Frances's mother moved frequently between one decade and *(continued)*

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MEMORY OF DANCING
continued

another, ignoring the restrictions of time as easily as one could in dreams. She would ask Frances when Vicky was coming in from riding her bike, and Frances would laugh gently and remind her that Vicky lived in California now, with her husband and her own little girl.

But on other days, her mother would ask the same innocent question again in ten minutes. "Shouldn't Vicky be coming in soon?" Frances would answer, "Soon," and struggle with the hot flash of irritation and betrayal. Donald, who was away at work all day, would stare disbelievingly at his wife when he'd see her grow angry, but he didn't know what slow torture it could be, watching as her mother slowly lost hold of reality, slipping backward to a place where no one could reach her.

Frances had quit her own job only recently to be with her mother, acting on the same impulse she imagined young women did today, leaving their work as bankers and managers to raise their babies full-time for a few years. Frances thought she felt something of the same need, to be there for her mother's final crucial moments, instead of the first of thousands of moments. But her memories would stored inside her heart forever and shared with admiring neighbors in form of snapshots.

Frances had made meat loaf, string beans and applesa There was to be chocolate-c pie for dessert, then some TV, the to bed with them all. Frances w help her mother pull her housec and slip over her head and then the silky nightgown down, all while carefully averting her eyes her mother's naked body. Privac dignity, Frances's mother had al believed, and Frances did all she to preserve some of both for her.

Donald helped Frances's mother her chair at the head of the table then took his own seat at the end. Frances sat on the side, mid between them.

"Mom and I got some air to Frances said to her husband. "I trim the azalea bush back. We both got a color, don't you think?"

"Yes, the cheeks," Donald said, ing down the length of the table a mother-in-law and dropping a p butter onto his beans.

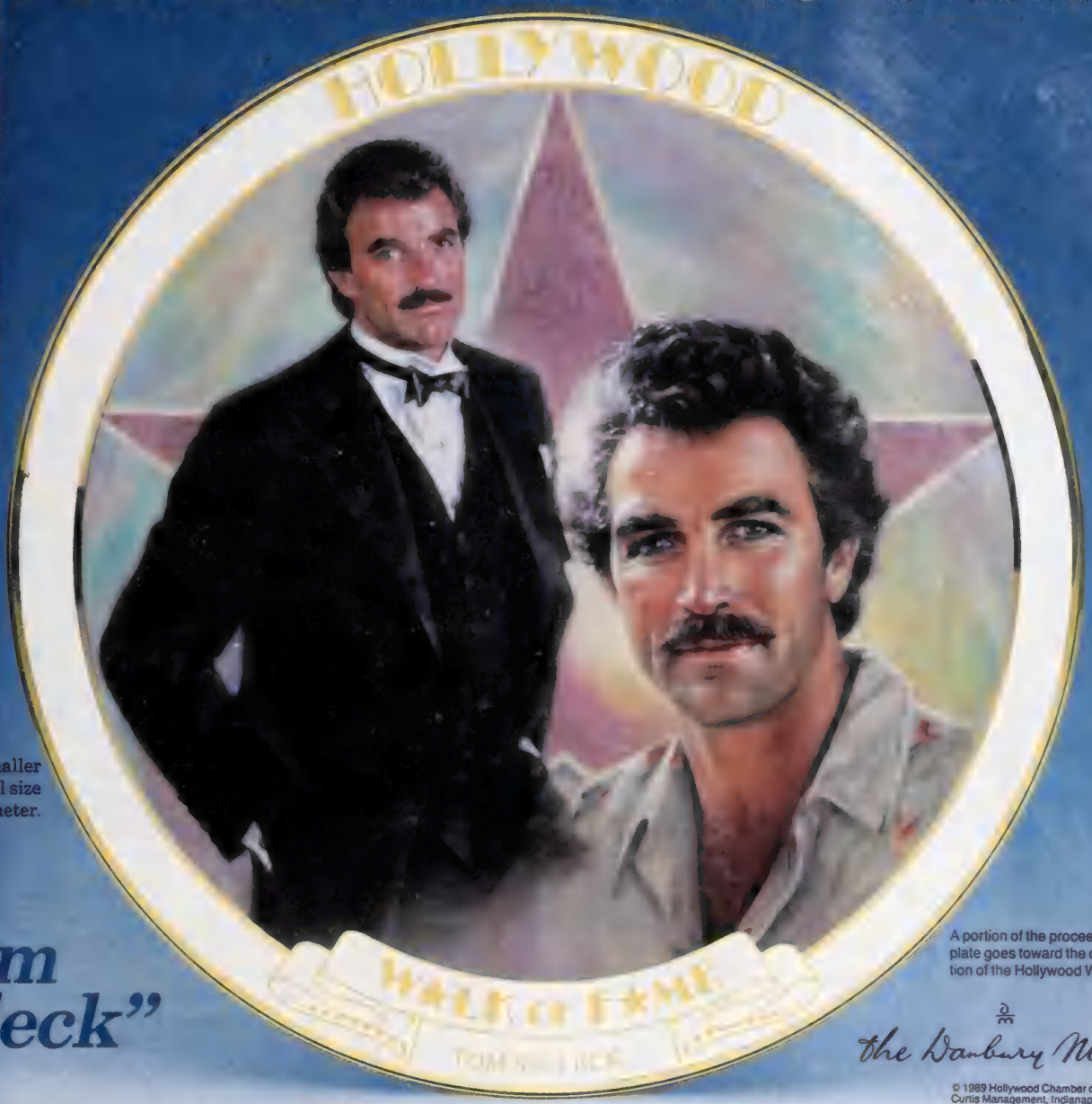
Frances turned to her mother felt a tremor of fear shoot through Her mother was staring perplexed her fork and knife. She tentati touched them and then shrank Then she broke her slice of meat in half with her fingers and stuf piece into her mouth. Some s beans followed, but Frances gra her wrist as she was reaching with fingers for the applesauce.

"Mom, what are you *do* Frances asked plaintively, kno that somehow her mother had m solidly beyond logic. Her body ha gun to make rules of its own. was it, a stroke, outside while F ces's back was turned—a tiny e sion in the brain that robbed h manners first, and then God-k what next? Or senility, a creepin rophy of personality, a long, cold that would never thaw?

Frances heard the sobs and they were her own, but everyt seemed far away. Donald, miles the distance, was on the phone—w doctor, maybe? The smell of foo her plate sickened Frances. Her m er was contentedly finishing her m occasionally watching Frances behind bewildered, blissful ignor

There were fewer and fewer days now, and more bad ones age was like that: a fog that dense some days, cleared for a just to remind you of what you losing, and then cruelly *(contin*

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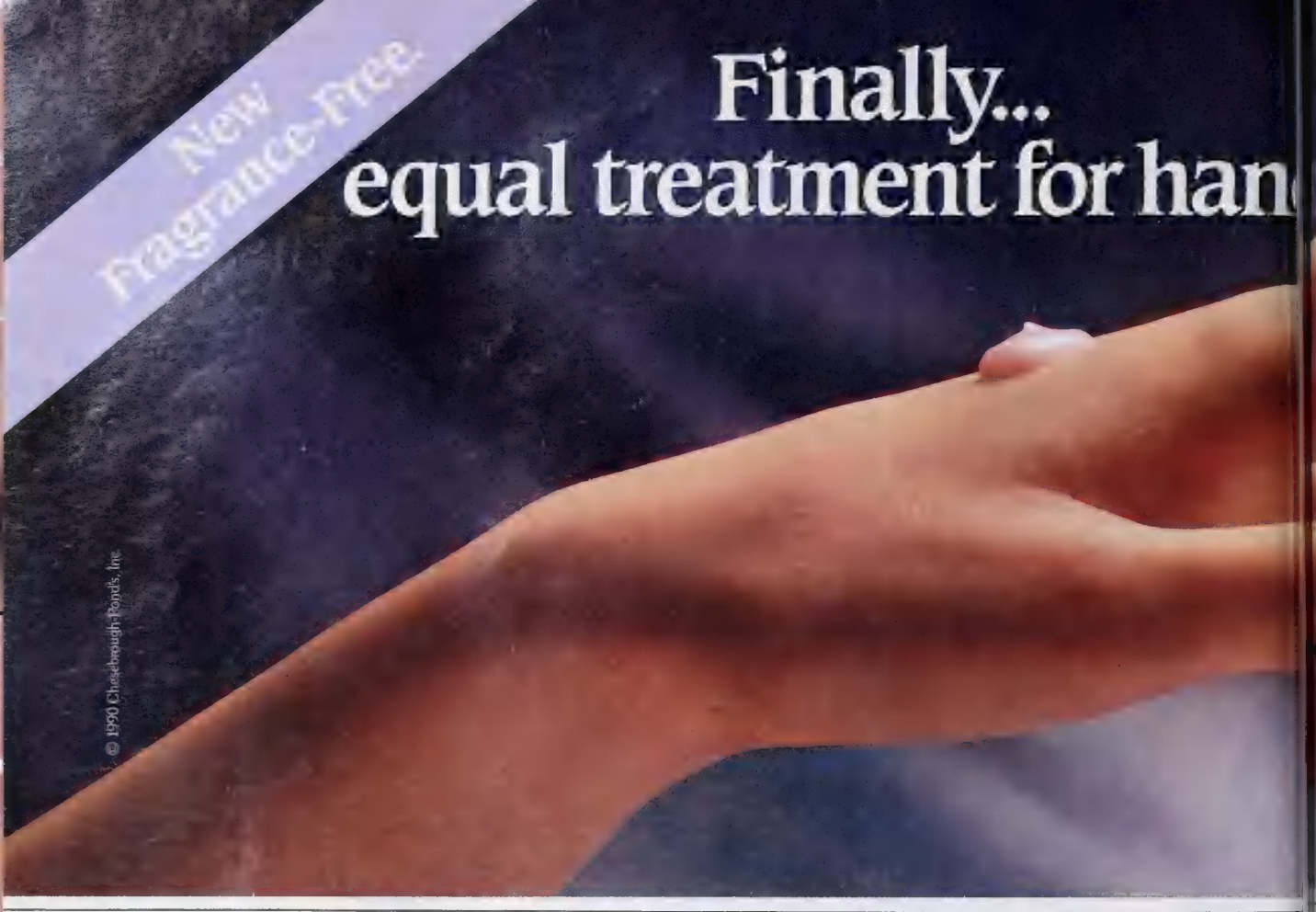
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MEMORY OF DANCING
continued

returned. Frances never knew what to expect from each day, but she learned to brace herself for the worst from her mother: Refusing, for no good reason, to take some of her dozen or so pills. Not making it to the bathroom in time. And the falling. Thank goodness both times had been when Donald was home; otherwise, however would she have gotten her mother up off the floor, where she sat dazed and newly bruised?

And there were more mornings like this one, mornings of mysterious, generalized pain, aches that were everywhere and nowhere at once, that made her mother not want to get out of bed, to curl up and not open her eyes. Frances remembered Vicky doing the same thing on school mornings the first few days that her braces were brand-new. Although she sympathized with her mother, a part of Frances flashed hot with anger and wanted to shout, "Oh, stop, and just get up and face it." She wanted to drag her mother out of her room the way she had with Vicky, but Frances knew there would be no miraculous recovery if some treat were promised or punishment threatened.

"Mom, you can't stay in bed all day," Frances said, her voice scraping painfully against her dry throat. It was June, barely ten A.M., and already a net of perspiration seemed to hang over her. Her mother stretched out a leg aimlessly the way restless infants do, and squeezed her eyes shut more tightly. "No. No," she said in a low murmur.

Nothing had prepared Frances for this. She was an adult, a veteran of marriage and parenting, and there was no one to tell her how to handle this. She felt suddenly orphaned, standing miserably by the bed while her mother rocked under the covers, neither of them able to say the thing that vibrated silently between them. Easier to die, more merciful not to wake up again.

Merciful for whom, though? Frances was not ready to give up the hope of one more lucid day, a day when her mother would have energy enough to go on dictating the recipes she'd promised, some forty years' worth of making meals the way Frances had grown to love them. But for her mother, Frances knew, living was an act of both courage and cowardice: courage because each day brought forth new humiliations and frustrations; cowardice because she was afraid that death could only be worse.

"The doctor says these new pill help the pain in your legs, M Frances said. Her mother nodde struggled to a sitting position. T fort made her chest rise and fal someone who had run quickly long flight of stairs.

"Each day is a gift, Mom. Yo ways used to tell me that."

Frances sat down beside her m and gave the older woman's shou a robust squeeze. Her mother s back at her and then smiled w She groped for her slipper with toes and, catching it, slowly drag closer to slide her foot inside. Th one was farther away; it would longer to manage.

Donald's voice in bed next t was thick with approaching s "Things just can't go on this anymore. You know you're goi have to make a decision soon, ho He kissed her shoulder lightly; could not make out his face in dark.

"What do you mean, make a sion?" There was the irritation a enough anger to unleash on the w and instead it was only seeping o her, moment by moment, on the p she loved the most.



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hat will you do if she falls and herself when I'm not here? How before she can't walk at all? And ay that now she sleeps more than awake."

vas true, all true. Frances found lf hovering at the door of her er's room, the recipe book in on the brink of shaking her e. But then she'd see her mother's ustion, the labor of her every h, and she'd shrink away, the rat- her mother's snores striking deep ances's core.

what you really mean is," es said, "when am I going to put way?" She rolled onto her side, ack to him.

an, we've been trying to get away st a weekend since last year. Now an't even get through a two-hour r somewhere without you looking ur watch every five minutes, won- g if she's okay. Don't make me l cruel," he said, reaching out for "but we can't live this way. You , we're not getting any younger r."

t getting any younger, she fumed. ever promised that to anyone, everyone was always griping t it? "She's my *mother*," Frances and suddenly there were those hot tears again, always close by.

"I know, honey, and you know I love her, too. It's just that . . . I mean, I don't know how much more you can do for her."

Frances swallowed back a painful lump in her throat. Was that why she had quit her job, to see how much she could do for her mother? No, she knew that wasn't the reason: It was more selfish than that. She had done it for herself. To see how much she could steal for herself, store up, hoard, till it was all gone.

"And what's going to happen to us, Donald, when we're her age? Who's going to take care of us? Do you want your son-in-law to roll over one night in bed and say to Vicky, 'Honey, put your mother in a home so things can go back to the way they used to be and we don't have to look at her pathetic old face anymore'?"

But Donald was breathing in a slow, steady rhythm; he was either already asleep, or pretending.

Vicky and her husband, Greg, were in from California for a visit. Jessica, their daughter, seemed to run ceaselessly, her knock-kneed jog taking her around the house, up and down the stairs, through the yard, at speeds Frances didn't remember possible for a three-year-old. Frances's mother called Jessica "Vicky" nearly half the time, and Frances found herself crossly correcting her. Frances felt pale and middle-aged, dull and morbid next to her daughter's tan, energetic family. She tried to find other things to talk to them about besides her mother.

One afternoon, Frances watched Vicky take Jessica into her mother's room and sit her on the old woman's lap. Jessica was not put off by her stillness or confusion, as Frances had feared; instead, Jessica gave her the biggest hug her little arms could manage. "Grandma," said Vicky, "tell Jessica about her great-grandpa."

"Oh, he was the best dancer you could imagine, Jessie," Frances's mother said. "The fox-trot, the lindy. Do you know those?" she asked, taking Jessica's tiny hands and swinging them lightly to and fro.

"Show Great-Grandma how you can dance," Vicky said, putting Jessica down on the floor. Frances's mother took one of Jessica's hands and, humming softly, began to twirl her slowly. "He used to say, 'You sure feel good in my arms, Ellie,' " she said. Jessica began to giggle and do a little step in her tiny pink sneakers, and soon all four of them were laughing and laughing.

(continued)

A RIDICULOUS NOTION



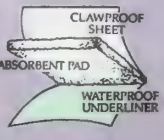
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MEMORY OF DANCING
continued

Frances had made all the phone calls; there was a nearby that could take her mother in abou months. After four months, all of her mother's ings—money that Frances's father had cut corners hi tire life to accumulate—would be used up, and from t her medical plans would take over. But Frances wa ready yet to see it. She imagined old women and me in white, slumped in wheelchairs, listlessly staring windows, some in bed, attached to machines by clear l ways of tubing. Frances imagined her own mother h wheeled out to greet her for a visit, blinking dumbly recognizing her. Then she would look up at the nurse plead, "Let me talk to my daughter. My daughter w never put me in a place like this."

Frances closed the phone book. The woman on the p had sounded brisk and efficient; she had even manag work in a note of genuine compassion. "It's hard w caring for the elderly," the woman had said. Frances stopped herself from slamming down the phone. This i *the elderly*, she thought angrily. This is my mother.

And yet Frances lived every waking moment—and few ones she slept—in dread; in dread of what new ind ties faced them both as her mother weakened still m Even Vicky had called, crying, after her visit, to say, Grandma looks so old all of a sudden."

Frances got up from the kitchen table and went into mother's room, the room that had been Vicky's when still lived at home. "What do you feel like having for lu Mom?" she asked, smoothing back the white wisps of that the breeze was coaxing forward onto her frec forehead. Maybe today she would eat a whole meal.

"You know, Fran, I never finished that goulash re with you, did I?"

Frances quickly got the recipe book out of the kit cabinet and sat down on the bed, opposite her mothe her tweed recliner. It was going to be a good day, Fra felt, one of the very good days. "Now I told you ho prepare the gravy, didn't I?" her mother asked.

"We were up to the part about the carrots," Frances s eagerly turning to the goulash pages.

When they were finished, Frances's mother smiled; didn't seem tired at all. "That little Jessie is someth else, isn't she?"

Frances laughed. "I don't remember Vicky running much as Jessica does."

"Oh, *you* did, though," Frances's mother said. "Ra much I swore you were going to wear a hole right thro the carpet."

"Your *good* carpet," Frances said, laughing. "You alw used to say 'my good carpet,' as if you kept another someplace else."

They both laughed. Then Frances's mother said, "I co go for a liverwurst sandwich right about now."

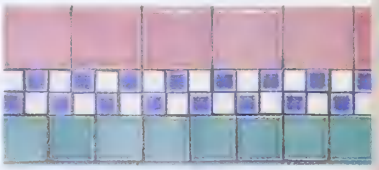
Frances jumped up and made the sandwich as quickl possible; she did not want this much-hoped-for mom between them to slip away. She put the sandwich on a t with a glass of root beer, a napkin and a few cookies. At doorway, she paused; her mother's head had tipped ba No doubt all the talking had worn her out. "Mom? M here's your sandwich, and some homemade cookies."

But Frances's mother didn't hear her. Instead, it was husband's voice that she had heard last, saying, "El Ellie, you sure feel good in my arms," while the room w round and round and round.

This is Diane Salvatore's second story to appear in LHJ

Prime Shopper

YOUR TICKET TO THE BEST PRODUCTS, TRENDS AND IDEAS FOR THE WAY YOU LIVE TODAY



KITCHEN and BATH GUIDE





What's cooking

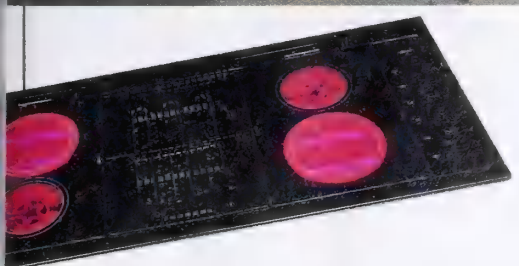
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P.S.

What's cooking



By Linda Fears

THE INGREDIENTS FOR TODAY'S MOST-WANTED KITCHEN? HIGH-TECH APPLIANCES, A STREAMLINED DESIGN—EURO-SLEEK OR SOPHISTICATED COUNTRY—IN WHITE OR LIGHT WOOD, AND SUCH EXTRAS AS FAUX STONE SURFACES AND PAINTED TILES TO ADD PLENTY OF PERSONALITY

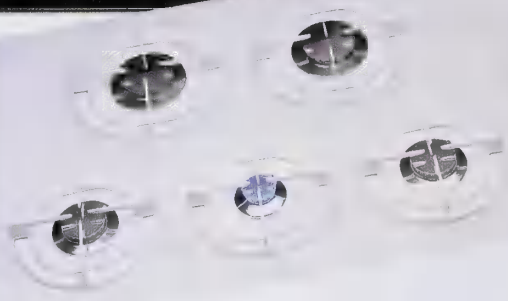
All white now

According to top NYC kitchen designer Florence Perchuk, everyone loves the clean, white look because it's reminiscent of Mom's kitchen. Built-in paneled appliances make it up-to-the-minute. Kitchen, KitchenAid. Details, P.S. 16



A little sizzle

Dacor's two new burners are hot stuff: The futuristic halogen cooktop, above, offers instant heat response (plus a handy grill); the gas glass cooktop (right) has sealed burners so spills stay put



Stone age

Contemporary kitchens in subdued hues get extra kick from granite, agate, marble and stone—frankly faux, of course. You can choose to get a little stoned, like the Corian and brass faucet from Pacific, at left, or rock on with an island counter made of Gibraltar Gray Avonite®





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Once you drive Regal, however, you will realize that a distinctive appearance is just part of its appeal: Regal features a sophisticated 3.1-litre V-6 engine, room for six, advanced 4-wheel independent suspension and 4-wheel power disc brakes, reflecting the quality you've come to expect from Buick.

Buick Regal. It feels as good as it looks.

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GM

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For premium performance from America's favorite No-Stick, look for the certified SilverStone seal.



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P.S.

What's cooking

When you want to make the most of every nook and cranny in your kitchen, a double corner sink may be your best bet. This is one of our favorites, of porcelain-enameled cast iron, by American Standard



If homemade bread is your idea of heaven but baking is a bother, Hitachi's Home Bakery is for you. It kneads and bakes in three hours—or set the timer overnight and enjoy bread for breakfast



WE DISCOVERED THESE NEW AND NOTEWORTHY COOKING GADGETS, PLUS A COUPLE OF CLEVER KITCHEN BUILT-INS



The Gaggia Ice Cream Machine delivers homemade ice cream or sorbet in less than thirty minutes. Just add the ingredients, set the timer and turn on the machine—it stirs and chills automatically! Available at Williams-Sonoma



Need clutter control? You'll get storage galore from Merillat's thirty-six-inch pantry cabinet. Best of all, you can have the shelves custom- designed to suit your storage needs. Details, P.S. 16



To get the most advanced No-Stick yet—twice as tough, twice as durable—look for the certified SilverStone SUPRA seal.

DUPONT
NO-STICK SYSTEMS™



P.S.

What's cooking



Ceramics class



Bright tiles are a beautiful way to add a jolt of color and a bit of individuality. They've replaced stenciling as the way to cozy up a kitchen. The hottest tile tones? Berry and teal. Use tiles on the floor, on a sink backsplash or across a counter. These three samples, Country Floors, Inc.

New country

Heavy, dark wood is definitely out for modern country kitchens. The latest trend is pale-stained cabinetry, and there's a wide range of light finishes to choose from. A popular choice is the pickled wood finish above. Kitchen, Florence Perchuk & Associates, Inc.



Pine finery

For old-time English-country style, you can count on pine. And for the airiest look of all, consider treating kitchen appliances as though they're pieces of furniture. That's what they do at Smallbone, an English cabinetry company that specializes in custom-made kitchens such as the charming one shown at right. Details, page P.S. 16



For more on today's most innovative kitchen trends, turn to "Kitchens for people who love to cook" on page 184.

Louisiana

GET YOUR PASSPORT TO SOME OF THE BEST TIMES YOU'LL EVER HAVE!

Win a FREE Christmas Vacation

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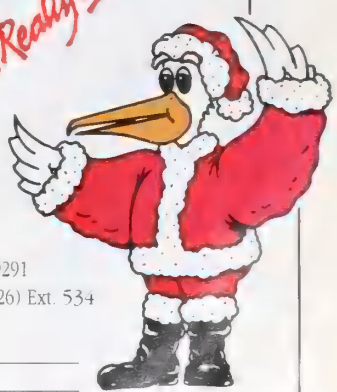






*Experience Acadiana's Cajun Christmas. See the Christmas Festival of Lights in Natchitoches (shown in the hit movie, "Steel Magnolias"). Enjoy an old-fashioned plantation Christmas. Tour the American Rose Center during Christmas in Roseland. Sample Creole Christmas in the French Quarter. Do them all and much, much more.

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Month I plan to visit _____ Phone _____

P.S.

HOW TO BUY SMARTER

WHETHER YOU'RE REPLACING YOUR OLD FRIDGE OR BUYING YOUR FIRST MODEL, THERE ARE A WIDE VARIETY OF OPTIONS TO CHOOSE FROM. BY MARIANNE WAIT

Refrigerators



Although most of us think less often about our refrigerators than about the food inside, we probably use them more than anything else in our kitchens. If you're in the market for a new model, you may be surprised how much this old standby has changed. Refrigerators now come in all shapes and sizes, ranging from the highly practical basic to the high-tech.

Cool trends

Design is now an important element in refrigerators. No longer are you limited to a model with a traditional white, almond or black finish; instead, you can choose a built-in unit that matches the look of your kitchen. Manufacturers such as Sub-Zero and Whirlpool are offering refrigerators with customized wood, stainless steel, glass and acrylic panels; Whirlpool even makes one with a leather look. When you move or redecorate, you have the option of buying new panels (costing $100 and up for custom-made, $25 to $100 apiece for more basic panels). To complete this streamlined look, Sub-Zero, General Electric and Admiral market built-in units that align with your cabinets.

Magic Chef and Admiral also market under-the-counter refrigerators—handy for storing sodas, wine or frequently used items for those who have the luxury of space for an extra unit. And for the lover of high-tech there is the computerized model, such as the one made by Whirlpool equipped with an energy-saver button, temperature displays and settings, and a monitoring system that lights up to indicate when the door is ajar, when the temperature is unsafe and when condenser coils need to be cleaned.

New features to look for

The most popular option these days is the frost-free refrigerator—no one wants to defrost anymore. These models will tack $50 to $100 onto the price tag and cost somewhat more to run each year, but they're worth it. Ice makers are also gaining in popularity. Consider one if you entertain a lot or if members of your family have the annoying habit of leaving one cube in the tray to avoid refilling it, but keep in mind that, according to the Consumers Union, they're prone to breaking down. An ice maker will add about $50 to the total price, and many require installation. The fridge will also need to be connected to your plumbing pipes with flexible copper tubing. Other features to consider:

- Glass shelves, which are much easier to clean than wire ones, also prevent spills from dripping through to the shelf below.
- Adjustable drawer bins.
- Humidity-controlled crisper drawers, scientifically designed to keep fruits and vegetables fresh.
- Handy on-the-door water and ice dispensers.
- And for wine connoisseurs, Admiral makes a refrigerator with a fold-away "cellar" that stores two bottles of wine.

The right refrigerator for you

With all these decisions to make, it's best to examine your needs before hitting the stores. For instance, how many people are in your family? How often do you entertain? How much space do you have, and how much are you willing to spend for timesaving conveniences? High-tech models and those with fancy features cost between $800 and $2,000 or more, compared with $600 for the most basic Sears side-by-side.

Once you've answered the essential questions, size and shape are the next purchasing considerations. **Top-freezers,** the traditional models with the refrigerator on the bottom and the freezer on top, are the least expensive to buy and to run, according to *Consumer Reports*. However, their freezers usually *(continued)*


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IOW TO BUY SMARTER

inued) are smaller than those in the by-side models (where the gerator and freezer are next to each), and food in the e is not at eye level. **m-freezers** have tly larger freezer partments, but you bend down to use . According to Joy age, spokesperson Whirlpool, the most lar models are **by-sides,** in which fridge and freezer asily accessible, cially for children. -by-sides can be y if you need space use they have a w door swing, gh they may have a larger exterior comparable top-freezers. Whirlpool, Kenmore and Magic Chef market a of side-by-sides in new, smaller sizes as well as large sizes, with features such as deep-door storage wide enough to hold a gallon container of milk; slide-out shelves, bins and baskets; and adjustable shelves that remove for easy cleaning and let you design your own interior.



Shopping tips

Once you have a good idea of the refrigerator you want, do some prepurchase research. Check recent issues of consumer magazines to find out which brands performed best on tests for temperature balance and uniformity, noise, energy use and price. If you have specific questions, most manufacturers provide toll-free phone numbers for product information. This is especially helpful if the space you have for a refrigerator is restricted: Call and ask for a specifications book, which can tell you how much room you need for which models (some require air space at the top, back or sides). Of course, you should remember to measure the width, depth and height of the area available to you.

Once at the store, make sure the model you're considering comes with a full warranty of at least one year. And since refrigerators are one of the most energy-consuming appliances you'll own, pay special attention to Energy Guide labels, which tell you what it will cost to run the appliance for a year. *Consumer Reports* found Amana's line to be the most energy efficient. Other brands recommended for overall performance: Sears Kenmore, General Electric, Maytag and Whirlpool.

So don't get cold feet about buying a fridge; with a modest amount of preparation, the deal is on ice. ■

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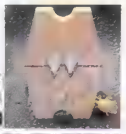
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LHJ-6012-3



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P.S.

Bath time

Neoclassic



TODAY'S MOST COVETED BATHROOMS ARE CAVERNOUS AND DESIGNED TO BE USED MORE AS A FREQUENT SPA-LIKE RETREAT THAN A BRIEF ENCOUNTER. HERE, THE VERY LATEST LOOKS FOR LUXE LAVATORIES

Slick-looking bathrooms are *out*. People want the warmth of traditional fixtures and neutral colors. The exceptions? Clear, frameless, European-style shower doors and techy extras like media centers. Bathroom by Kohler. Details, P.S. 16



Such splashy sinks



Standout sinks take center stage these days. Two top picks: Kohler's arty painted basin and an earthy Henoki wood sink from Cambrian



You can't beat the real thing . . . The pedestal sink, introduced over fifty years ago, is more popular than ever. Vintage ™ sink by Kohler

The all-new 4-door Cutlass Supreme. Handles the groceries, the kids, and cooks.

The 1990 4-Door Cutlass Supreme

The totally new Cutlass Supreme™ national Series sedan is just the ›e for any 1990 family. It's the new ›ration of family transportation. Loaded with powerful ingredients ›n available 3.1-liter V6 or the ›dard new 16-valve High-Output ›d 4® engine. Either way, this sedan ›y cooks.

The laundry list of standard equipment includes: four-wheel, independent FE3® suspension; front-wheel drive; power disc brakes; power rack-and-pinion steering; 16-inch aluminum wheels and 60-series tires. Rear seats that fold all the way down. And front buckets that adjust eight ways. An anti-lock braking system is also available.

To guarantee you'll stay happy with this hot new menu, we've topped it off with one more feature. The *Oldsmobile Edge*. It's a comprehensive owner satisfaction plan designed to make Oldsmobile® the industry leader in total customer satisfaction. And it's standard on any Oldsmobile you buy.

To find out more about it, or about the 1990 four-door Cutlass Supreme, just stop by your nearest Olds dealer. Or simply call toll-free *1-800-242-OLDS*, Mon.-Fri., 9 a.m. to 7 p.m. EST.

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Bath time

P.S.

Bathing beauties

If you're lucky enough to have bathrooms as spacious as these, embellish them with lush carpet or elegant tile, oversize mirrors, plants, flowers, candles and fabric curtains—drawn, to let the sun shine in. Bathrooms by Kohler (below) and Smallbone. Details, P.S. 16





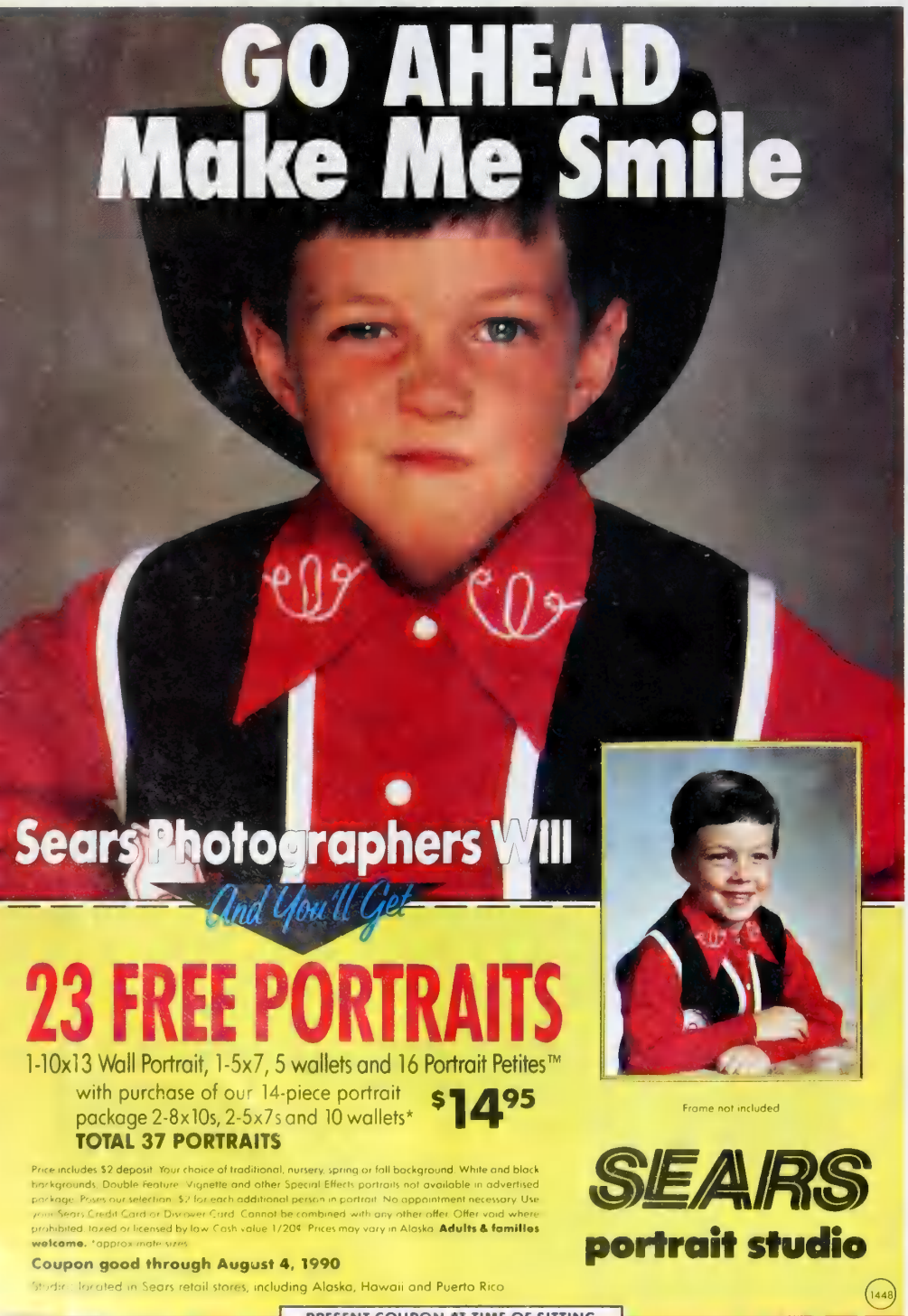
Rub a dub dub



The favorite accent colors for the bath are the same as for the kitchen—red and teal. And today's terrific tubs do double duty as stress-busting whirlpools. We think these two are worthy of a good long soak. Both by Kohler

P.S. Where-to-buy guide

P.S. 2: There are more than twenty models to choose from in the KitchenAid Architect Series. To locate the dealer nearest you, call 800-422-1230. For more information on Dacor halogen and gas glass cooktops, write Dacor, 950 South Raymond Avenue, Pasadena, CA 91109; or call 818-799-1000. For more information on Pacific Faucets, write Pacific Faucets, 8966 Unit D Benson Avenue, Montclair, CA 91763; or call 800-543-1757. Avonite® is an easily maintained, stain-resistant surface available in gloss, semigloss or matte finishes. For more information, write Avonite, 5100 West Goldleaf Circle #200, Los Angeles, CA 90056; or call 800-4-AVONITE. P.S. 4 and 5: DuPont's three certified No-Stick Brands (Teflon, SilverStone and SilverStone Supra) are available in a wide variety of housewares at leading discount, general merchandise, variety, department and specialty stores. American Standard's new corner kitchen sink is part of the cast-iron Connoisseur line. For more information on this or other A
can Standard products, write American Standa
Centennial Plaza, P.O. Box 6820, Piscataway
08855-6820; or call 800-821-7700 ext. 4023
mail-order address for Williams-Sonoma is
liams-Sonoma, Mail Order Department, P.O.
7456, San Francisco, CA 94120-7456; phon
ders, 415-421-4242. For more information
Hitachi's Home Bakery, call 800-262-1502
the Merillat dealer near you, call 800-624-1
P.S. 6: Country Floors, Inc. is located at 15
16th Street, NYC 10003 (212-627-8300);
Melrose Avenue, Los Angeles, CA 90069
657-0510); 1706 Locust Street, Philadelphia
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Miami, FL 33137 (305-576-0421). Call or
your nearest representative or send $10 f
complete 96-page catalog. Smallbone showro
are at the A & D Building, 150 East 58th St
NYC 10155 (212-486-4530); and at 315 S
Robertson Boulevard, Los Angeles, CA 9
(213-550-7299). P.S. 10: Basis Soap is availab
Walgreen's, CVS, Osco Drugs, Long's and
Emporium. P.S. 11: For more information
Marvin Windows, write Marvin Windows,
Box 100, Warroad, MN 56763, or call 800-
5128 (in Minnesota, 800-552-1167). P.S. 12:
more information on Kohler products, call 80
KOHLER. The Brampton Henoki wood sink is
of the Cambrian Collection. For more informa
call 800-872-7277. P.S. 15: Information on Sn
bone is listed above.



Product information directory

**P.S. 4 and 5: Learn why it's smart to choose on
DuPont's three certified No-Stick Brands the n
time you're purchasing cookware, bakeware
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buys." P.S. 11: The Marvin Windows l
Brochure colorfully illustrates how the size
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is also provided. To order, see the 800 number
Marvin Windows in the Where-to-Buy Guide.**

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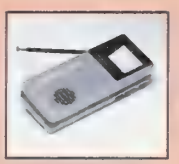
No purchase necessary. Some travel restrictions apply. For complete details, rules and a free game card, send a stamped, self-addressed envelope to: "PICK-a-TRIP Vacation Fantasy" P.O. Box 653, Sayreville, NJ 08871. (WA and VT residents need not include stamp.) Void where prohibited by law.



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EVERYBODY *loves* A BABY

Lately, it seems, America's caught a serious case of offspring fever. Demographers estimate that as many as four million infants will be born this year, more than at any time since the fertile fifties and sixties. Come celebrate this baby boom with us, coo over the snappy shots that some of the country's top photographers took of their own irresistible tots and call our survey line to share your opinion about *your* happiest moments as a mom. BY SHANA ABORN AND MARIANNE WAIT







Beth Galton enjoys dressing her son, Ben Phelps, in special outfits each holiday—and it seems to suit him, too!

THE LHJ '90s NETWORK

Tell us what you think . . . about babies. Which was your happiest moment as a new mom? When:

A) my baby slept through the night
B) my baby said her first word
C) my baby took his first step
D) I found a reliable baby-sitter!
E) I got my figure back

Call 900-370-5626 by March 15 to tell us your answer. The first minute will cost you seventy-five cents; each minute thereafter will cost fifty cents. You must use a touch-tone phone.



David Burnett's daughter Jordan strikes a pensive pose in her sensible hat

THE DIAPER DECADE

Census Bureau experts predict that between 3.7 million and 4 million children will be born this year, a crop not topped since the first baby boom was in full cry. Why are we so hot to tot? Many original boomers, including the escalating number of women in their thirties, are approaching their last chance at childbearing and are giving in to their family yearnings. Their children will not only be stronger in number but longer in years: Baby girls can expect to live to seventy-eight or more, and boys to seventy-one—five years longer than Mom and Dad.

Today's kids can expect to live five years longer than their parents will

RETHINKING PINK AND BLUE



In the early part of the century, the accepted color for girls was blue, while pink was reserved for boys. Why? According to *Infants' Department*, a 1918 trade paper, "Pink, being a stronger color, is more suitable for the boy, while blue is prettier for the girl." Greeting-card manufacturers—possibly inspired by Gainsborough's painting "The Blue Boy" and Lawrence's "Pinkie," a portrait of a girl in a pink-trimmed dress—were among the first to reverse the colors in later years, according to Jo Paoletti, a University of Maryland associate professor who specializes in costume history.



John Pinderhughes photographed daughter Sienna in both her birthday suit and a pretty party dress; her sweet face complements any outfit

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☐ Bikini or ☐ High Thigh

SIZE (Hips)

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☐ 5	☐ 6	☐ 7	☐ 8



Joanna Ney Rockwell, daughter of Nancy Ney, is poster-girl cute, whether she's making like Little Miss America, donning Mom's fancy hats or just sitting with a friend





The cost of child rearing is six times as much as it was forty years ago

BIRTH AND DEBT

If you're planning for parenthood, start saving now. Although it cost about $25,200 to raise a child to age eighteen in 1953, today you'll spend a whopping $150,000. And estimates are that sending a child born in 1990 to a public university for four years in 2008 will cost anywhere from $21,000 (not including room and board) to $98,000 for the full package. If you opt for a private college, plan to spend upward of $170,000. But salary increases, investments and college savings-bond offers can help you cover the high cost of educating baby.



Mark Sennett's daughter Lexi kicks up her heels, and Sienna flashes her smile—a reminder to thank heaven for our little girls!

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It's bedtime for dreamer Zoe Borris, daughter of photographer Nora Scarlett

BUNDLES OF TOYS

Long before they buy Nintendo and Barbie, parents still spend big bucks to amuse their little ones. According to a children's wear publication, first-time parents shell out about $225 on toys, rattles, mobiles and such during baby's first year. Although the items themselves haven't changed much over the years, today's toys are more tailored to tiny customers—like mobile animals angled toward an infant's sight line. Sixties-generation parents often choose toys that encourage creativity, like blocks, over more programmed playthings—an extension of the "do your own thing" philosophy. But enjoy the decision-making power while you can—by age five, kids start to demand the trinkets they see on TV.

Boys' names have remained constant, but girls' names change with the times

A ROSE IS AN ASHLEY IS A . . .

Like hemlines, girls' names reflect the times we live in. According to the *Guinness Book of Names*, Ashley and Jessica were the most popular names in 1988, indicating our current craze for naming children after literary and TV characters. In 1970, Michelles and Jennifers reigned supreme. Mary and Deborah were the monikers to have in 1960, while 1950 birth certificates featured Lindas. But for boys . . . well, we like Mike. Michael has been the most popular American boy's name for the last thirty years. David, James and John consistently made the top five until the eighties, when Matthew, Christopher and Joshua took over. (So much for every Tom, Dick and Harry.)



Adorable Tiernan O'Rourke seems to sing "Don't Fence Me In" as he poses in the yard for his dad, Randy O'Rourke

Zoe, up from her nap, patiently sits for her mother. Hats off to her—and to all those lovable babies everywhere (yours included)!

Mom sat on the bench of the little backyard table as Daniel began to tell his amazing story. His younger brother stood nearby, ready to support the [illegible] "They

child-sized seat. "Beat 'em up," Daniel said matter-of-factly. "And I shooted 'em!" Sam announced, waving his red plastic water pistol. "Well, I appreciate you guys protecting me from those bad pirates. But what did they have to do with the [illegible] all over the table?" Mom [illegible]ered where their [illegible]inations [illegible]ld

just like you and Sam?" she asked, trying to lead the witness. "I'm sure! The pirate captain drawed a map and was gonna take the table with him. But me and Sam wouldn't let him!" "For real!!" Sam confirmed. Mom leaned close to their faces. "Well, those pirates are going to be in a lot of trouble if they make a mess like this again. Your Dad might even give them a spanking!" "Yeah, Daddy'll show those pirates!" Daniel shouted. Then he [illegible]d Sam dismissed themselves and [illegible]t out for new adventures on [illegible]he swing set. "I don't think [illegible]ey caught my drift," [illegible]Mom mumbled to [illegible]herself. She picked [illegible]up her bottle of Fantastik and began to spray the plastic tabletop. Only then did she focus her attention on the actual drawings themselves. Beside Daniel's house sketch was an arrow with the letter N at its point. And running the length of the table was a long crooked line that looked like some of Sam's handiwork, except for the rather ornate X at its center. Then she saw the elegant script, now almost obliterated by the Fantastik. "APE ROMAIN. HIGH TIDE. STEER [illegible]EAR THE SHOALS. 1000 PACES [illegible]RTH FROM SOUTH POINT. [illegible]m slowly raised her head, and [illegible]ed at her now tomato-[illegible]less tomato vines.

(continued)

[illegible]umped [illegible]
[illegible]over there," Daniel explai[illegible]
[illegible]vent in the garden and started [illegible]
[illegible]he tomatoes!" "And cloocumbers!" Sam [illegible]
[illegible]dded. Daniel stood on his tiptoes, stretch[illegible]
[illegible]ng his arms over his head. "They were [illegible]
[illegible]eal, real, real, real, real, REAL TALL [illegible]
[illegible]Up to the SKY!!" Sam swayed on [illegible]
[illegible]is tiptoes, hands above his head. [illegible]
[illegible]Fo[illegible]al!!" he assured her. [illegible]
[illegible]T[illegible]ere giants?" Mom [illegible]
[illegible]sk[illegible] "No, Mama. T[illegible]
[illegible]ve[illegible] pirates." Dan[illegible]
[illegible]at[illegible]

[illegible]ntly. They had guns and bows and arrows and knive[illegible] teeth!" Sam blurted excitedly, "And [illegible]ll chased us!" "[illegible]what did you [illegible]m asked, r[illegible]ed

with th[illegible] inquiry. Dan[illegible]iel rolled his eyes in exasperation. "Mama, that's what I'm tryin' to tell you. The pirates did it!" "Are you sure [illegible] wasn't a couple of little boys who look



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Secrets of a SUPER GARDEN

Yes, you can turn your yard into a showplace—even if you don't have a green thumb. Here's expert advice on making your garden flourish, plus three special springtime flower offers just for Journal readers

By Pamela Guthrie O'Brien



Bursting with blooms: This annual garden provides a beautiful border of color all season long

PLANNING THE PERFECT PATCH

How much time and effort will it take to make your yard look terrific? It all depends on what you plant. Choose the style below that's best suited to your schedule.

The low-maintenance garden

This is composed of annuals (such as petunias and marigolds), which bloom all season. They must be replanted every year, but once in the ground, annuals require practically no care. Just water when the soil is dry, weed once a week (or mulch with wood chips to cut back on weeding) and remove dead flower heads.

The average-maintenance garden

Begin with the basic annuals described above and add spring-blooming bulbs (such as tulips, daffodils and crocuses) that you plant in the fall. On top of the extra work in the autumn, you'll need to water occasionally during the spring, and tie back or cut off the dead foliage after your bulbs finish their show. The advantage is that your yard will come to life sooner—spring bulbs bloom as early as March in some areas of the country.

The high-maintenance garden

This is a mixture of bulbs and annuals, plus perennials (such as primroses and daylilies) that put on a display every year, but only for part of the season. Because these three groups of plants require different kinds of care, you'll need to spend about three or four hours a week in your garden, starting in April, planting, fertilizing, watering, weeding, staking tall plants and dividing overgrown perennials. (In general, perennials require more care than annuals: They need rich soil and regular fertilizing.) As a reward for your time and effort, you'll have a beautiful garden that's abundantly abloom throughout the spring, summer and fall.

The most popular posies

Try one (or all) of these selections in your yard.

IMPATIENS are shade-loving annuals that create a profusion of brilliant blossoms.

GERANIUMS are simple-to-cultivate annuals and among the most popular flowering plants in the United States.

MARIGOLDS produce more flowers over a longer period of time than many other annuals. Their pungent odor acts as a repellent against pests.

PETUNIAS are annuals with a wide range of colors and constant blooms.

DAYLILIES are the new favorite of many gardeners. Needing almost no tending, these perennials are available in hundreds of varieties.

A SPRINGTIME SPECIAL FROM LHJ



Hybrid hibiscus is as hardy as it is flamboyant. This plant reaches a height of five feet and produces masses of flowers, each measuring up to ten inches across. It flourishes in almost any soil and tolerates temperatures as low as 40° F. in blooming season. An award-winning plant, the hybrid hibiscus is both an annual and a perennial—it blooms vigorously the first year it's planted, dies down after the first frost, comes back to life in warmer weather and blossoms all summer and into the fall. The plant is available in red, pink and white; each order will have a different variety of colors. To order, see the coupon on page 152. ▶

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SIX GARDEN-VARIETY MISTAKES

■ **Watering too much—or too little.** Water is the most crucial factor in a plant's growth, not only providing moisture but also helping to dissolve soil nutrients so the plant can absorb them. Overwatering can rot roots; insufficient water will make a plant wither and die. Water on the basis of need, not according to a schedule. To determine when your plants need moisture, check the soil regularly: Stick your finger about an inch into the dirt. If it's dry, get out your watering can or hose.

■ **Choosing the wrong plant for the wrong place.** Many novices try to squeeze a large flowering bush into a tiny space or allow a sun-lover to languish in the shade. Before you buy any plant, do your homework thoroughly—find out what kind of location will best encourage it, the soil conditions it needs to flourish, the maintenance it requires, and the height and width it will reach at maturity.

■ **Trying to cultivate too big an area.** Beginners often plant so many flowers that the work becomes overwhelming as the growing season progresses. It's wise to start with a small garden the first year to find out exactly how much you can handle.

■ **Forgetting to prepare the soil.** A good soil mixture provides plants with the nutrients they need to thrive. However, the soil in your yard may have nutrient deficiencies or an improper pH balance (meaning it's either too acidic or too alkaline). Before planting, it's best to analyze your soil. Your local garden center may be able to perform an evaluation for you; if not, buy a simple do-it-yourself testing kit. If you discover your soil is too acidic for what you want to grow, add lime to neutralize it. Sulfur or peat moss will decrease alkalinity.

■ **Controlling pests improperly.** Prevention is the best way to keep harmful insects out of your garden. Weed regularly and get rid of any debris (grass cuttings, branches, etc.) where pests can hide. If an insect problem becomes severe and you need to use insecticides, do so with caution. Read labels carefully and follow all directions. Using too great a concentration of these products may damage plants. Always store insecticides in a safe place out of the reach of children.

■ **Overfertilizing.** Applying too much fertilizer can harm, even burn, plants. In general, most plants should be fertilized only a few times—once at planting, then once or twice during the growing season. (Note: Time-release fertilizers automatically supply nutrients at an optimum rate. Look for them at your garden center.)

Masses of marigolds, zinnias and begonias put on a brilliant display





Let your imagination run wild: Create an informal, easy-care garden by planting a variety of annuals in different colors

Tools you'll need

A spade for digging up large areas of your garden. **A hand trowel** that has a sharp, pointed tip for planting, transplanting or weeding. **A rake** to pulverize and level the soil before planting. **A spading fork** for digging, especially in heavy clay. **Small pruning shears** to trim dead flower heads or stems from plants, or to cut blooms to bring indoors for a floral arrangement.

A SPRINGTIME SPECIAL FROM LHJ



Giant ruffled petunias are heads above the ordinary ones you'll find at your local garden center—and just as simple to cultivate. These spectacular blossoms measure up to seven inches across; their distinctive petals are velvety to the touch and emit a spicy fragrance. They start to flower within several weeks after planting and bloom all season; they reach a height of one and a half to two feet, and are perfect in window boxes, containers, flower beds and borders. You can also cut them to use in flower arrangements. They're available in a mixture of plum, pink, purple, rose, lavender and bicolors.
To order, see the coupon on page 152. ▶

In the border at right, flowers of varying heights dress up a walkway. Plant a cutting garden (below) and bring blossoms into your home





A BOUQUET OF DESIGN IDEAS

How to create a showplace yard

■ Map out your garden before you dig. Most people choose to plant in beds or borders. A **bed** is an island of soil, often in the middle of a lawn. For attractive proportions, put tall plants, such as snapdragons, in the center; medium-size varieties, such as marigolds, around the snapdragons; and small plants, such as begonias, around the edge of the bed. A **border** has a solid backdrop such as a fence, wall or hedge. Place tall plants in the back, medium-size ones in the middle and small plants in the front.

■ Make a **container garden** out of a large flowerpot or wooden barrel. Put stones in the bottom for drainage, then fill with soil. Arrange plants as you would in a bed.

■ When it comes to color, the **monochromatic look** is especially popular right now. These designs use shades of one primary color only, such as pink and red. Another option is to choose flowers in **complementary colors,** such as yellow and red. For a less conventional look, use whatever colors you like.

A SPRINGTIME SPECIAL FROM LHJ



Magnificent mule marigolds are an asset to any garden. Called mules because, like the animal, they cannot reproduce, they put all their energy into blooming, creating a riotous profusion of blossoms—fifty to one hundred on each plant at one time. Mule marigolds start to flower soon after planting in the spring, and they will continue to bloom until the first frost. Ours are available in a mixture of yellow, gold and orange. To order plants, see the coupon at right.

Experts consulted for this article: Derek Fell, a gardening writer and photographer and former director of the National Garden Bureau; David Harrington, executive director of the Horticultural Society of New York; and Linda Ameroso, extension associate at the Cornell Cooperative Extension.

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asked. "We'll only be
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and before Sammy
ay another word, Terry
ruck had vanished
of dust. "Here
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laimed, and
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Ladies' Home Journal
March
1990



AT HOME WITH BARBARA BUSH

A JOURNAL EXCLUSIVE
Join us as we get to know the most likable First Lady in years

By Alison Cook







A REVEALING LOOK AT THE FIRST LADY, A SAVVY POLITICAL WIFE WHO KNOWS THE POWER OF HER CHARM

The White House hums with the whir of motorized wheelchairs as Barbara Bush, wearing brilliant royal purple and a broad smile, works a receiving line one hundred and thirty strong. The expectant queue winds from the Blue Room through the Red Room and on into the State Dining Room, where tiny cakes have been laid out for this Victory Awards tea, which honors people who have overcome serious disabilities or adversities. The First Lady bends to stroke the back of a fellow in sunglasses as tenderly as his mother might, whispers in the ear of a man on crutches, squeezes scores of waists as she poses for photos. People linger by the exit, chatting in the familiar way Americans seem to adopt instinctively when the subject is Barbara Bush: discussing her weight ("She looks thin!" exclaims one woman), her thyroid condition, her grandchildren, happily amazed that she's posing with every single one of them.

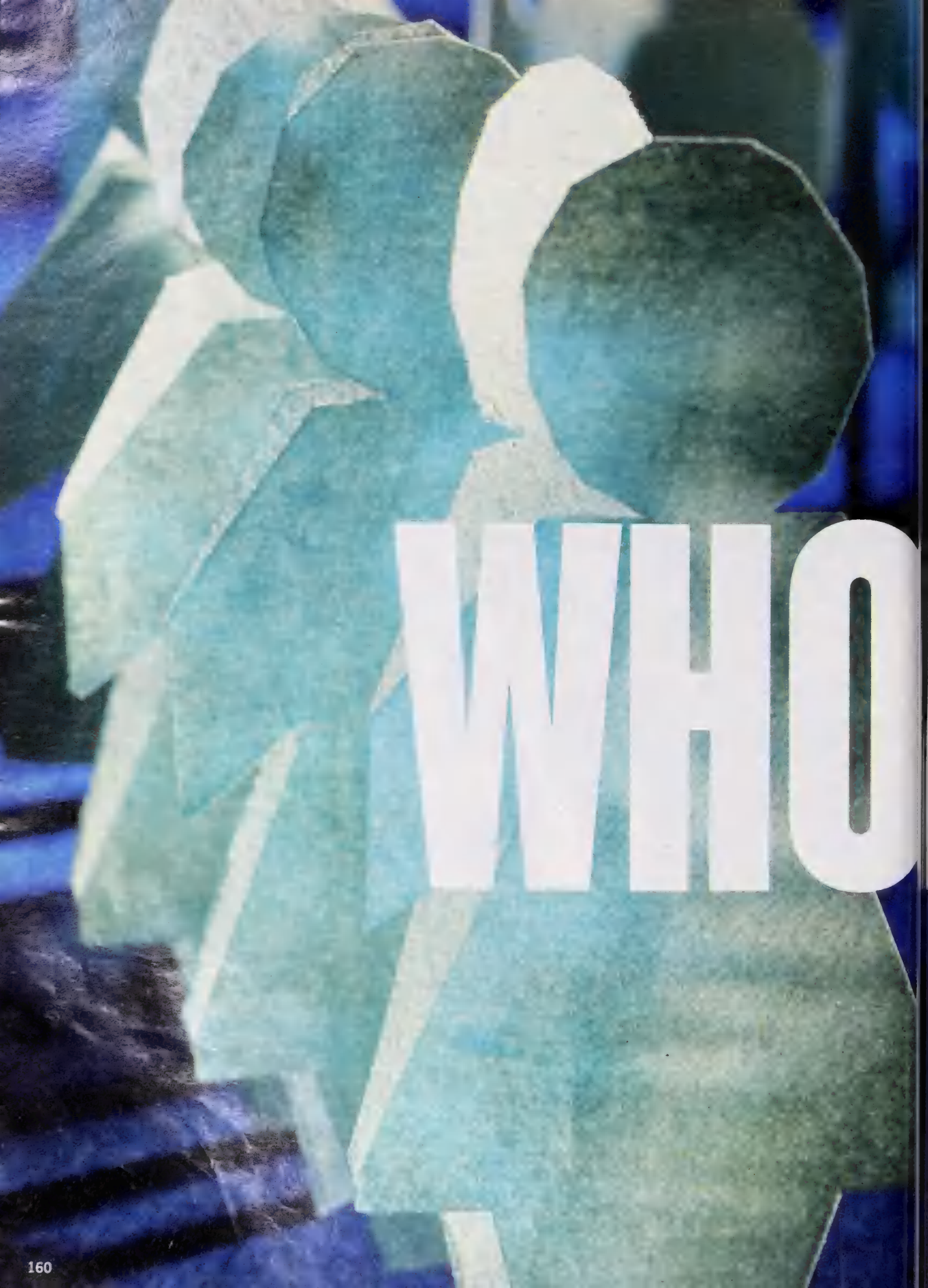
When the last arm has been patted, the final photograph taken, Mrs. Bush heads for a knot of reporters lying in wait at the door. A pianist in the foyer strikes up "Has Anybody Seen My Gal?" and suddenly the First Lady is Charlestoning her way across the marble floor, a gleam of devilment in her eyes. Then she launches into quite another kind of dance—jousting and parrying with the reporters, laughing uproariously, stonewalling like a pro as they vainly try to pin her down on everything from her position on abortion to her current weight. "Come *on*!" she says, rearing back in mock horror. "Even my *husband* doesn't know that!"

The truth dawns: She is enjoying this little contest—and she is winning it, as usual. The First Lady, as celebrated for her forthrightness as for her triple strand of faux pearls, has given the reporters not one shred more than she wants them to know.

The performance is vintage Barbara Bush: equal parts charm and control. And by skillfully using both, she has orchestrated a personal and political triumph. Just two years ago she was the target of campaign gibes about George marrying his mother. Today, however, she reigns as the most popular First Lady in years—arguably the most beloved since Bess Truman. Bar, as we all know her husband calls her, has become a national folk heroine: the gently reared Westchester Republican who married the first man she ever kissed and followed him loyally through forty-four moves; the handsome matron who's not ashamed of her white hair or her size fourteens; the matriarch who cares more for her family life than for high society.

All in a day's work: The First Lady meets with Victory Awards recipients (top), including singer Barbara Mandrell (right); watches the President make a speech (bottom left); and poses before a state dinner with her husband, Philippine president Corazon Aquino and Aquino's daughter Kristina (bottom right)

To some extent, that's all true—but so much less than the whole. This is a woman who is always learning, changing, reinventing herself. She is what she is, but also more than she seems. Like the silver fox *(continued on page 229)*


WHO

SHE IS A WIFE, A MOTHER—AND THE VICTIM OF ONE OF THE MOST BAFFLING MENTAL ILLNESSES KNOWN. FORTY-NINE PERSONALITIES—SOME OF THEM VIOLENT—VIE FOR CONTROL OF HER BODY; MANY ARE CHILDREN, A FEW ARE MEN. AND SHOCKING AS IT IS, THIS WOMAN'S CONDITION MAY BE MORE COMMON THAN YOU THINK. BY NELLY EDMONDSON GUPTA

AM I?

VICKIE*, A ROUND-FACED BRUNET OF THIRTY-SIX, LOOKS LIKE A TYPICAL suburban mother in her loose plaid jumper and pink T-shirt. To some extent, that's just what she is; in less than two hours, she will pick up her seven-year-old son, Toby, from school. But suddenly a chilling transformation takes place. She looks down, then shakes her head quickly. And when she starts to speak, she sounds eerily childlike. "I'm Roxette, and I'm seven," she says in a tiny voice. "I enjoy playing house and school. I like to read. I have a book about a unicorn and a book about a magic tree . . . and a bunch of others, too!"

Who is Vickie? She is the thirty-six-year-old mother, the seven-year-old child—and many, many others as well. Vickie suffers from multiple personality disorder (MPD), one of the most complicated psychiatric disorders known. Inside her psyche, forty-nine personalities battle for control of (continued on page 232)

*All the personalities' names have been changed to protect the patient's privacy.



A DELICATE BA

JUDY WAYLAND WILHELM

Naperville, Illinois

"THIS IS EXACTLY WHERE I WANT TO BE"

Six o'clock on an overcast Friday morning. In a sprawling, modern house in suburban Naperville, an hour's commute west of Chicago, Judy Wilhelm is wide awake. As usual, her husband, Warren, left for his office at five-thirty to beat the city-bound traffic. Around six-fifteen, she gets three-and-a-half-year-old Greg out of bed.

Judy scoops up her son and piggybacks him downstairs to the family room just off the kitchen. "Peter Pan," he squeals excitedly as she pops his tape into the VCR. Judy takes a shower and then wakes up two-year-old Kathryn, known as Kari. After feeding the kids breakfast, Judy tackles some housework.

Over the next hour, Judy darts between kitchen and den—comforting, refereeing, clarifying and marveling at the unpredictability of daily life with two energetic, curious preschoolers.

Almost three years ago, this self-described workaholic made the surprising choice to trade in her briefcase for baby bottles. "I chose to be a *(continued*

BY MARGARET JAWORSK

NY WAYLAND STARTED OUT TO a full-time mother, not an ecutive; her twin sister, Judy, was t the opposite. Today, as they turn rty-four, each has achieved her al, but not exactly as planned. In t, they've succeeded both at home d at work by sequencing, a new me for an increasingly popular ution to the family-versus-career

A N C E

zzle. Thousands of women are lowing this path—working for veral years, staying home to have ldren, then going back to the —and it may become even more mmon in the nineties. Could it the answer for you?



NNY WAYLAND VALDEZ

uquerque, New Mexico

IE TRICK IS NOT TO PANIC"

Six-thirty Friday morning. Jenny forces herself out of bed, hoping to squeeze in her shower and get dressed before Kelly, eleven, and Katie, seven, wake up.

Her husband, Mark, a sales representa-e, leaves for work at six-fifteen, before rest of the family is up. "We both efer it that way," Jenny says. "Mark s a lot done when he goes in early. sides," she adds, laughing, "it's one less dy to deal with."

Mornings in the comfortable, ranch-le Valdez home are characterized by a ntrolled frenzy familiar to anyone who s lived in a household with two young ldren and two working parents. The ls wash and *(continued on page 166)*

Y ROBIN SANDERS

A DELICATE BALANCE

(continued) stay-at-home mother," Judy says emphatically. "I'm not going to stay home forever. But for now, this is exactly where I want to be."

It's not the life Judy Wayland so carefully laid out for herself when she graduated from Arizona State University in 1978 with a degree in marketing. Judy and her twin sister, Jenny, grew up in Albuquerque with their parents and older brother. Dad was a personnel specialist, and when the girls entered junior high, their mother found a part-time job with a local radio station that blossomed into a full-time career.

"I was the one who wanted to be Marlo Thomas in *That Girl*," she says, sighing dramatically. Before Greg was born, Judy couldn't fathom why anyone—including her twin sister, then a full-time mom—would choose to stay home. "I couldn't relate to Jenny's life at all. For me, the corporate world was everything."



After graduation she moved to Colorado Springs and worked as a marketing analyst for a greeting-card company. By the time she was twenty-four, Judy was supervising company-wide development of new products and marketing ventures.

"I chose to be a stay-at-home mom," says Judy Wayland. "What's the good of having it all if you can't enjoy any of it?"

In September 1979, she signed up for a night course on career development at the University of Colorado. "I thought it would be interesting," she says. It was—and so was the professor, Warren Wilhelm, thirteen years her senior. They started dating, and six months later, when Warren headed for Babson College, near Boston, to fulfill a two-year teaching commitment, he asked Judy to go with him.

"I remember thinking, That's easy for him to say; he's not the one who has to leave a great job," Judy says. But as the months passed, she reconsidered. She moved to Boston in 1981 and found a job as manager of client services at a direct-mail advertising company, overseeing a staff of twenty-one. "I didn't like it there," she says with a grimace. "I'm not a good manager. I can't delegate, and I want everyone to like me."

After Judy and Warren returned to Denver in July 1982, she enrolled full-time at the University of Colorado to study for her MBA while Warren started on a consulting career. They were married in October 1983, and that December, degree in hand, Judy eagerly went back to work as new-products manager at Leanin' Tree, another greeting-card company.

In the summer of 1985, she became pregnant. Six weeks after Greg was born, she gratefully accepted a friend's offer to provide child care and returned to work three days a week. According to her life plan, she was on target—but not, as it turned out, on track. The woman who thrived on pressure soon found her new balancing act more draining than she had anticipated, and her inability to delegate meant she was still doing five days' worth of work.

"I'd cry over everything," she recalls. "It was a nerve-racking time. I wanted to quit, but I was afraid to give up my income and afraid I'd lose my identity."

After months of seesawing, Judy drew up a new blueprint: She'd put her career on hold until Greg started school, then go back to work. She gave six weeks' notice. One month later, she became pregnant with Kari. "I figured as long as I was going to be home, I might as well be productive," she says dryly.

Still, the first few months in her new role were rough. Because she had no deadlines to meet, she felt as if she weren't accomplishing anything, and she found herself idling in front of the TV. "I didn't know what to do with myself; I didn't know what to say when people asked me what I did," Judy says. "It took me a while to find my rhythm, but now I can say honestly that I'm much more relaxed. When I was working, I could never unclutter my brain long enough to enjoy anything."

On the other hand, there are days when she feels she doesn't have a brain left to unclutter; it is then that she misses the rewards and reassurances of the workplace. "I no longer have a paycheck coming in or someone to pat me on the back," she says. "There's no way to measure my success on a daily basis, and that's frustrating. It's not like these two little people can tell me, 'Mom, you're doing a terrific job.' I'll have to wait to find out if I've been a good mother or if I've raised a couple of car thieves."

Judy's own mother has been her role model. "When I think about it, Mom did the same thing I'm doing," she says. "She was home first, then resumed her career. So I know it can be done. But it's not perfect."

"In my heart of hearts, I always knew I'd be happier if Judy was home full-time," adds Warren, a soft-spoken man with blond hair and a mustache. "But she's headstrong; it would have been a risk to our marriage if I came down inflexibly on one side or another."

Judy has no intention of jumping back on the fast track after her kids are in school. "No more twelve-hour days for me. I want a job that will give me the flexibility I need to be with my children.

"I used to believe I needed work, marriage and motherhood at the same time to make my life complete. But what's the good of having it all if you can't enjoy any of it?" ▶

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A DELICATE BALANCE

(continued from page 163) dress themselves, then head for the kitchen. While they eat, Jenny whirls through the house, straightening up as best she can. "Eat your cereal, we gotta get going," she says, grabbing her jacket as she turns off the cartoons, turns on the dishwasher and snaps shut her briefcase.

At eight o'clock, kids and schoolbooks in the backseat, Jenny drives first to the day-care center where Katie plays before and after school, then drops Kelly at junior high. At eight-thirty, after grabbing a muffin from the office cafeteria, Jenny slides behind her desk at Charter Southwest Mortgage Corporation.

Her job as marketing director has advantages for an employed mom: regular hours with only occasional late-night and weekend work and no travel. But the post carries much responsibility. Jenny advises managers on placing ads for the bank and arranges the printing of brochures. "The trick is not to panic," she says, "and to marry the right guy."



Ironically, Jenny never nurtured dreams of racing along the fast track. She had always seen herself as wife and mother to "a whole lot of kids," perhaps working part-time when her children entered school. Though she claims to have been the family's black sheep, her rebelliousness was more roguish than real.

A family joke developed: Judy was known as "Golden Girl," and Jenny was dubbed "Golden Girl in Training." Everyone knew Jenny could accomplish as much as her sister; she just had to *practice* a bit more.

But Jenny was most interested in walking down the aisle; she started at Arizona State University but dropped out after her freshman year to marry a fellow student named Scott. Shortly after their second anniversary she discovered she was pregnant, and with Kelly's birth in May 1978, she quit her job as a receptionist in a doctor's office. "Money was tight," Jenny recalls, "but there was no question I'd stay home."

By the time Kelly turned two, financial problems were putting a tremendous strain on the marriage. And, though reluctant to admit it, Jenny was bored. "I had nothing to talk about besides diapers and bottles," she says. After much agonizing, she placed Kelly in family day care, took another job in a doctor's office and toyed with the notion of going to nursing school.

Katie's birth in 1982 put an end to those plans. Once again, Jenny was home full-time. But her marriage, shaky from the start, finally crumbled.

"I figured it would be easier if my parents were around to lend their support," she says. "So I moved the girls back to Albuquerque. Scott was upset, but he understood." The girls see him on every other major holiday.

Back in New Mexico, Jenny found a spot as an advertising-agency receptionist. She also found the ambition she had assumed she didn't possess. In less than five months, Jenny moved to the production department. Within two years, she was offered the chance to produce TV commercials. It was glamorous and exciting, but the hours and pressure were hard. "During busy times I'd work till midnight," she says.

Looking for a job that would give her more time with her family, she went to work for Charter Southwest and soon moved up to her current position. In 1986, she met Mark at work; he supplied the stationery and brochures she bought for the company. Though Mark has also been married before, he has no children and has adapted easily to the role of stepfather.

"We split child rearing and housework fifty-fifty," says the bearded thirty-three-year-old, who looks ten years younger. "If we didn't share everything," Jenny adds, "we'd never make it work."

One rule Jenny tries never to break: She leaves work at five. Before dinner, Mark and Jenny unwind by reading the paper while the girls play outside.

Though the family could live comfortably on Mark's paycheck, Jenny now realizes she no longer wants to stay home full-time. "I think there's a time for everything in life, and now that the kids are in school, it's time for me to concentrate on my career," she says. "Mark and I aren't planning to have any children, and at this point, I can honestly say that Kelly's and Katie's lives wouldn't be fundamentally different if I didn't work."

It's been a long haul, but Golden Girl in Training has finished her apprenticeship and graduated at last. ■

Margaret Jaworski and Robin Sanders are New York City–based writers.

MAKING IT WORK FOR YOU

Whether they work first and have kids later or vice versa, sequencers choose that path because they prefer to be replaced on the job rather than in the home. "These women want to be the primary person in their children's lives," says Arlene Rossen Cardozo, author of *Sequencing* (Collier Books, 1986). "Most have every intention of returning to work at some point." The most successful sequencers are those who know what they're getting into. "Couples must ask hard questions," advises Joy Davidson, Ph.D., a psychotherapist and author of *The Agony of It All: The Drive for Drama and Excitement in Women's Lives* (J.P. Tarcher, 1988). "How will the household finances be handled? Who will do what chores?" (Of course, sequencing is impractical for single parents and couples who must bring in two incomes to meet basic needs. But it is an option for couples who are willing to make the economic sacrifices.) Here, more suggestions for easing the transition: ■ Schedule personal time. ■ Try to meet other women who have chosen to stay at home, even before you leave your job. ■ Remain current in your field. ■ Develop new hobbies, pursue old interests.

There is something else in the world with the same kind of softness as Northern.

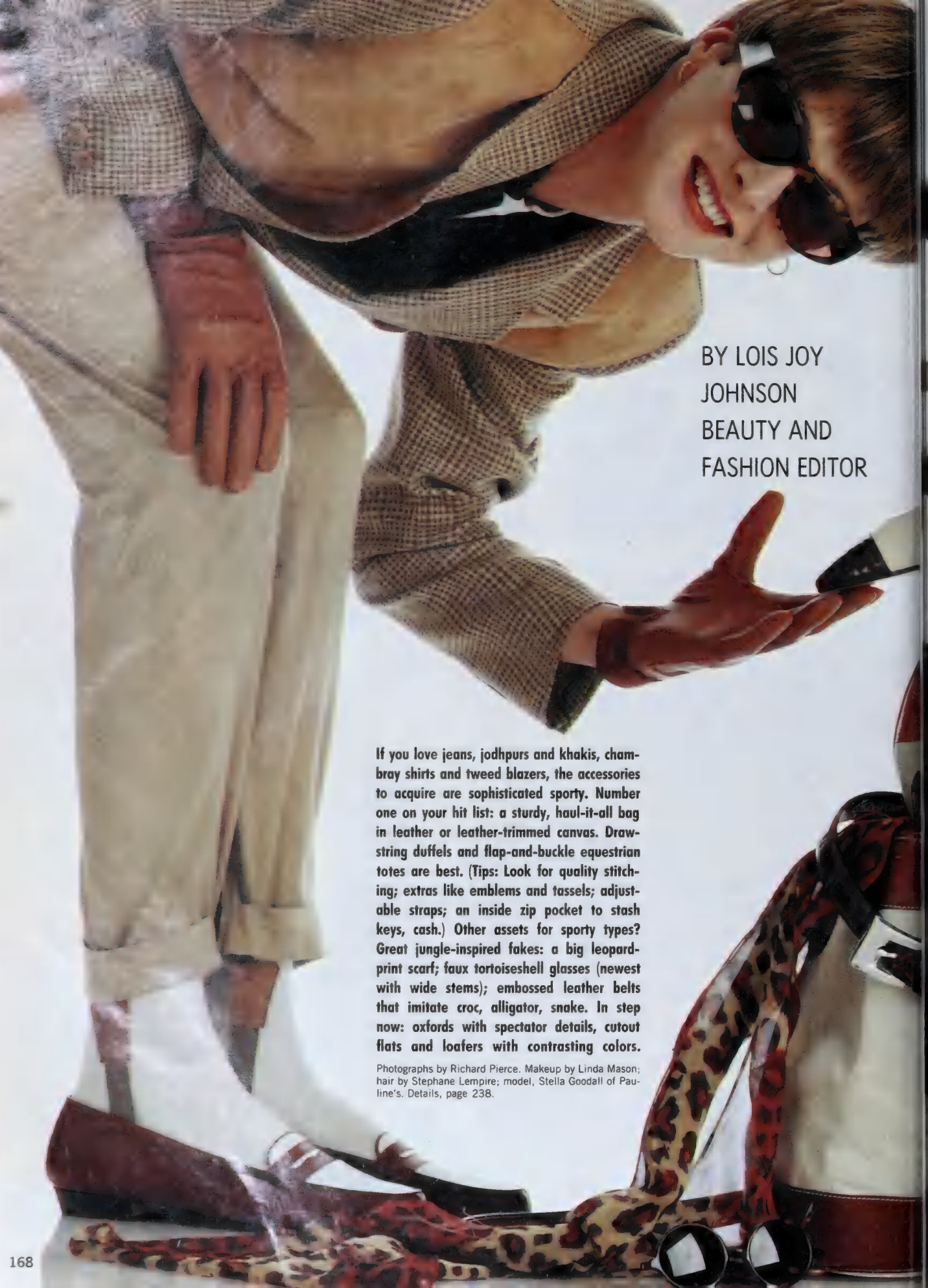
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BY LOIS JOY JOHNSON
BEAUTY AND FASHION EDITOR

If you love jeans, jodhpurs and khakis, chambray shirts and tweed blazers, the accessories to acquire are sophisticated sporty. Number one on your hit list: a sturdy, haul-it-all bag in leather or leather-trimmed canvas. Drawstring duffels and flap-and-buckle equestrian totes are best. (Tips: Look for quality stitching; extras like emblems and tassels; adjustable straps; an inside zip pocket to stash keys, cash.) Other assets for sporty types? Great jungle-inspired fakes: a big leopard-print scarf; faux tortoiseshell glasses (newest with wide stems); embossed leather belts that imitate croc, alligator, snake. In step now: oxfords with spectator details, cutout flats and loafers with contrasting colors.

Photographs by Richard Pierce. Makeup by Linda Mason; hair by Stephane Lempire; model, Stella Goodall of Pauline's. Details, page 238.

ELEMENTS OF STYLE

WANT STANDOUT CHIC? MAKE A MAJOR ACCESSORY STATEMENT. COMING UP, A SLEW OF TONY ADD-ONS TO SUIT EVERY PERSONALITY



SPORTY

You're infinitely elegant, with a wardrobe to match—shapely suits, long pleated skirts, silk blouses, pleated trousers. Your optimum add-ons play perfectly with black and navy but look really rich with pale ivory, beige and taupe, and soft-bleached pastels like blush and celadon. The pieces to pursue? Start with masses of fake pearls—gumball chokers, jumbo studs and drop earrings, triple-strand bracelets, a few collarbone-length necklaces. Combine several shapes for maximum impact. (Tip: Faux pearls tend to have blue-gray or golden undertones. When mixing, keep tones the same.) The shoes that fit classic fashion: ivory, beige or taupe pumps (pale shoes slim and lengthen legs!). Look for low-heel slings or tapered pumps with higher, wider heels. Always pair pale shoes with beigy hose. Clutch-worthy purses are small and structured—tops are the quilted leather bag Chanel made chic and variations of the Hermès Kelly bag. Go for pale shades sparked with gold closures or chains. But gold isn't just for bags: Golden bangles, chain belts and watches add luxe to any outfit. Get a gilt complex and pile it on!

Model, Lauren Helm of Ford. Details, page 238.




CLASSIC


TRENDY

ous range of hot colors over a background of basic black. Favorite clothes include big jackets and pullovers topping skinny black stirrups, sixties-style cat suits, minis, leggings and opaque hose. Trendy must-have accents? Keep an eye on round or oval black glasses or sunglasses. Frames are either bold or superthin. (Tip: You may have to broaden your scope to get used to these specs—they neatly encircle the eye as opposed to covering half your face like the once-popular oversize designer frames. Also, very stylized frames look best with a sleek bob or ponytail, not billowy waves.) Opt for odd-shaped handbags in bright hues—newest are minitrunks, satchels, rolls and geometrics—topped with short handles. (If you take these bags to work, you may want to team them with a large black tote.) More style standards? Amulets, crystals and crosses on black silk cords worn two or three at a time; scarves, gloves, belts and bangles trimmed with coins and charms; stacks of plain silver rings. (Tip: Midriff-length necklaces are most current. Wear charms on one accessory only to keep the look spare.) As for fancy footwork, alternate black shoes with turquoise pumps, lemon-yellow slings and violet flats for fun! Go for suede—it's now worn year-round. Wear bright shoes with opaque black hose for the leggiest look.

For more information on all these accessories, turn to page 238.

Model, Stella Goodall of Pauline's.




Beauty today is all about
natural, easy, sophisticated,
healthy appeal. The new
attitude? Confidence. The
trendiest look? Individual.

THE BEAUTY REPORT

WE INVITED THE COUNTRY'S TOP EXPERTS TO DISCUSS TODAY'S MOST IMPORTANT TRENDS. WE FOUND OUT THAT SKIN CARE IS IN, AGELESS BEAUTY HAS ARRIVED AND FEELING GOOD ABOUT YOURSELF IS THE BEST BEAUTY SECRET OF ALL. HERE, BEAUTY NEWS AND ADVICE THAT MAY SURPRISE YOU



The panel, from left: Lois Joy Johnson, LHJ's Beauty and Fashion Editor; Gary Mulloy, President of Maybelline; Myrna Blyth, LHJ's Editor-in-Chief; Rita Freedman, Ph.D., author of *Body Love* and an expert on the psychology of women; Linda Harris, Assistant Vice President of Creative and Product Development for L'Oréal; Frances Grill, President of Click Model Management; Thomas Rees, M.D., Chairman of the Department of Plastic Surgery at the Manhattan Eye, Ear and Throat Hospital; Andrea Robinson, President of Ultima II.

All photos, Nesti Mendoza. Photo, near left, Cindy Pitou. Hair, Tony McAulay; makeup, Linda Mason. Model, Jeanette Hallen of Ford.

PSYCHOLOGY OF BEAUTY

LHJ: How women perceive themselves—the psychology of beauty—is a fascinating subject. For instance, why do some women always think they look awful when they look at themselves in the mirror, while others always see themselves as great-looking?

FREEDMAN: Because many women don't see what's really there. A woman's self-image depends entirely on how her parents treated her as a child. If you have no self-esteem, your body image will be distorted. In that situation a beautiful 10 will always see herself as a terrible 2. Telling someone who has a deeply ingrained poor self-image that she's beautiful has no effect at all.

LHJ: But what about the people who aren't so great who think they look terrific? What makes them so confident?

REES: People who think they look wonderful are truly the lucky ones. It's extraordinary to me how many women really do not understand what they look like. As a matter of fact, some of my most beautiful patients consider themselves ugly. And even the best plastic surgery results won't do any good, because hating your looks is a very deep emotion. Yet some women who are as ugly as a mud fence think they're absolutely gorgeous.

LHJ: But if you're not happy with the way you look, should you try to improve yourself, or is it healthier to accept yourself as is?

FREEDMAN: I think people should try to look their best, but they must judge themselves against realistic, healthy standards. You don't have to be perfect-looking. In fact, perfection can be tormenting. If your looks are average and you're comfortable with the way you look, you can accomplish most of what you want in life.

REES: Most people can do a lot for themselves by focusing on some quality other than their beauty.

LHJ: Yet even if a woman is happy being average, she still depends on cosmetics to look her best. Surely the key to the beauty industry is that women are constantly searching for products that better their appearance. Do women today know how to use makeup correctly to make the most of their looks?

HARRIS: Women are more confident and sophisticated now than ever when it comes to beauty products. They know which colors are the most flattering and the proper way to use them. Of course

Every woman has one feature she loves, and she should concentrate on it rather than try to re-form her whole face. I recommend exercise, not surgery. A fit, healthy body can compensate for beauty woes.
—Frances Grill, Click Models



A woman's self-image depends entirely on how her parents treated her as a child. Telling someone with a deeply ingrained poor self-image that she's beautiful has no effect on her at all.
—Rita Freedman, psychologist

People who think they look wonderful are the lucky ones —Dr. Thomas Rees

Perfection is tormenting. If your looks are average and you're happy with them, you can accomplish a lot in life

here are exceptions—you may always see a woman wearing bright urquoise eyeshadow that hasn't been blended—but you also see more and more women buying the products offered today and really earning how to use them.

LHJ: What do you think women as beauty consumers do wrong?

REES: They follow the pack too often. Women should try to analyze themselves a little bit more and decide what really looks right on them as individuals, regardless of what other women do and what the trends are. Also, women may be buying more skin-care and sun-protection products than ever before, but I saw just as many people tanning themselves on the beach last summer as I did five summers ago. People are still damaging their skin, and yet they want plastic surgeons to reverse the signs of aging. We can hold up the clock a bit, but there's no way we can reverse it. Excessive sun exposure not only makes you look old and wrinkled before your time, it causes blemishes and cancer.

LHJ: What's the best beauty advice you can give to women today?

HARRIS: A woman has to take a good look at her face and decide what she's got going for herself—what feature she should make the most of. But she must emphasize one asset only. Features shouldn't fight each other for attention. If you have interesting eyes, play them up. But don't let eye makeup vie with a bright mouth and blushing cheeks so you have a circus going on.

Women today are more confident and sophisticated than ever. They know which colors are the most flattering and the proper way to use them.
—Linda Harris, L'Oréal

ROBINSON: Women must remember that less is more. Using makeup to subtly refine your features is the key to natural-looking beauty.



MULLOY: The best beauty advice I can give is to choose products carefully. Stick with the cosmetics and skin treatments that you have found provide reliable results.

GRILL: Many models hit thirty and become very concerned about losing their looks. When they tell me they want a nose job or an eye lift, I discourage them. They're focusing on minute lines and wrinkles that only they can see instead of playing up the fabulous features that made them models in the first place. Every woman has one feature she loves, and she should concentrate on it rather than try to re-form her whole face. I also advocate exercise and a good diet—a fit, healthy body compensates for many beauty woes.

REES: I tell my patients that I can improve the way they look or make them look younger—but surgery is only part of the transformation. I encourage women to change their hairstyles and get makeup advice as well—makeup consultations are exceedingly important. These changes actually help enhance the surgery. If I don't think surgery will result in the look a patient is hoping for, or if a patient doesn't have psychologically sound reasons for wanting surgery, I refuse to operate. I often send patients out for a makeover and tell them they're not ready for surgery.

A woman's mental health is as important as her physical health. Women must learn to appreciate their special, individual characteristics and accept what they cannot change. When you have a realistic self-image, you can feel beautiful no matter what you look like.
—Rita Freedman, psychologist

FREEDMAN: I want to emphasize that mental health is as important as physical health. I'm very concerned about the psychological well-being of women. Women must learn to appreciate their special, individual characteristics and accept what they cannot change. When you have a realistic self-image, you can feel beautiful no matter what you look like. ▶

AGELESS BEAUTY

LHJ: What are today's hottest beauty trends?

HARRIS: Women are more interested in buying quality and value than buying status. Women have learned a lot about themselves. They are wiser and more confident, and they're choosing products because they believe in the brands from positive experiences.

MULLOY: Women forty and over have much more experience with cosmetics than they did ten years ago. They know what looks good on them. The conventional wisdom in the industry ten or twenty years ago was that young women were the majority of the market.

Women want products that are simple, appropriate and convenient, but no woman is willing to give up the sheer pleasure of beauty—applying wonderful makeup or enjoying a luxurious treatment.
—Andrea Robinson, Ultima II

But that's not true anymore.

ROBINSON: Also, because we are all growing older, I think there will be *less* emphasis on looking young. The focus will be on looking good at any age.

LHJ: What are the hottest beauty products right now?

MULLOY: Skin-protection products are increasingly important to women as they learn about the effects of sun exposure on aging.

HARRIS: Skin treatments—such as moisturizers, cleansers and toners—are just as essential. In the last few years women have discovered that they can do something positive about the way they look by dramatically improving the quality of their skin.

LHJ: Women are so busy these days. Do they want a simpler beauty regimen?

HARRIS: Busy or not, women will always find time for beauty. There's some pleasure in the process of putting on makeup that women won't give up.

ROBINSON: I absolutely agree. Women do want products that are simple, appropriate and convenient, but no woman wants to give up the sheer pleasure of beauty—applying wonderful makeup or enjoying a luxurious treatment.

FREEDMAN: Putting on makeup doesn't have to be merely an ornamental process. It can be sensual as well.

LHJ: But is sexuality in? Women have been reacting strongly against beauty products advertised in a highly sexual way. Aren't we all becoming more conservative?

GRILL: I think we are. In fact, I believe the new neutral makeup is so popular because it *is* less overtly sexy. It enhances a woman's natural beauty.

FREEDMAN: The hard sex sell may be on its way out, but there will be a shift in the nineties to sensuality—which is expressed in healthy good looks and fitness.

LHJ: So the biggest trend is toward ageless, healthy-looking beauty. Dr. Rees, do you agree? Is this the look your patients want?

REES: You know, for years I couldn't figure out why so many women who come to see me say, "I want you to do something because I'm beginning to look like my mother." I thought, Are these women's mothers so ugly? I finally realized they weren't worried about looking like Mom, they were simply worried about getting older. Anyone who says she plans on growing old gracefully is lying through her teeth, because no one wants to get old.

LHJ: Women may not *want* to get older, but do they accept it?

REES: The older women I see these days are not as frustrated about getting older, but they're just as frustrated if they don't look nice. In other words, they want to look good, but they don't need to look thirty years old. And that attitude is great for all of us because as society gets older, we have to seek other roles—we can't keep playing the same roles forever.



Model, Sheila Grant of Ford.

So many women who come to see me say, "I want you to do something because I'm beginning to look like my mother." I realized they weren't worried about looking like Mom, they were simply worried about getting older. —Dr. Thomas Rees

Beauty today is about looking good at any age —Andrea Robinson, Ultima II



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OCCOLI CHEESE POTATO TOPPER

qt. microwave-safe casserole, stir 1 can Campbell's Cheddar ese Soup/Sauce, 2 tbsp. sour cream and ½ tsp. Dijon stard. Microwave on HIGH 2½ min., stirring once. Stir in 1 cup ked broccoli flowerets; microwave 1 min. Spoon over split ed potatoes. 4 servings. (Pictured above)



IILI BEEF POTATO TOPPER

-qt. microwave-safe casserole, crumble ¼ lb. ground beef. ver; microwave on HIGH 3 min. or until beef is no longer pink, ing once. Drain. Stir in 1 can Campbell's Chili Beef Soup, up water and 1 tbsp. chili sauce. Cover; microwave 4 min. on over split baked potatoes. Top with shredded Cheddar ese. 3 servings.



ZESTY PIZZA POTATO TOPPER

In 1-qt. microwave-safe casserole, crumble ½ lb. Italian sausage, casing removed. Cover; microwave on HIGH 3 min. or until sausage is no longer pink, stirring once. Drain. Stir in 1 can Campbell's Zesty Tomato Soup/Sauce, ¼ cup water, 1 tbsp. grated Parmesan cheese, 1 tbsp. vinegar and ⅛ tsp. crushed red pepper. Cover; microwave 3 min. Spoon over split baked potatoes. Top with shredded mozzarella cheese. 4 servings.



NACHO POTATO TOPPER

In 1-qt. microwave-safe casserole, stir 1 can Campbell's Nacho Cheese Soup/Dip and ¼ cup milk. Cover; microwave on HIGH 2 to 3 min. Spoon over split baked potatoes. Top with sliced green onion and chopped tomato. 4 servings.



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ROLE MODELS

LHJ: Are models in magazines realistic images for women to aspire to? What are the hot looks today?

GRILL: Older and ethnic. I've influenced the market by introducing women like Isabella Rossellini and Talisa Soto. Talisa's ethnic look has had plenty of impact in the new kinds of beauty that are now accepted. Isabella started to model at twenty-seven. She's now thirty-seven and still going strong.

LHJ: American women are still bombarded with gorgeous people on TV and in advertising. Don't they force us to compare ourselves with higher and higher standards?

GRILL: The modeling industry is trying to expand the concept of what is considered beautiful, but we can do it only in a very limited way. Everyone is so critical of young, perfect-looking models, and yet I think perfection on the page creates fantasy. I don't look at a magazine and wish I looked like the girl on the page, but it creates a fantasy of what is possible for me.

REES: But advertising and entertainment affect peoples' image of how they would like to look. For instance, plastic surgery is a booming business in the Far East because Asians watch *Dallas* and they want to look like those glamorous personalities. So they are having their noses built up and webs removed from their eyelids. They want to look like the people they see in the movies, in magazines and on television.

MULLOY: People all over the world want to mimic what they believe to be the standard of beauty that we've exported: a young beauty image. Now we're beginning to send a different message. We're telling the world that there's no single standard of beauty but rather a broad diversity of looks women can aspire to.

REES: Women today may have many role models, but there's one thing I've discovered. All women—whether they are sixteen or sixty—have always considered beauty to be two things: sexual attractiveness and acceptance by their peers. So even more important to women than aspiring to role models is being acceptable to your family and friends.

LHJ: So while it's great that the American image is not a cookie-cutter blond anymore, women won't necessarily change unless everyone around them updates her look, too?

REES: Ideas of beauty have changed, and they will continue to change. But what you consider beautiful really depends on your age and the company you keep.

LHJ: But someone like Barbara Bush, for instance, who is certainly a role model today, is comfortable with her looks and doesn't seem to care what anyone else looks like.

REES: She's an extraordinarily strong person. She knows who she is and what she's about. She's the way we'd all like to be.

LHJ: Thank you all so much. Through your wisdom and advice we can all try to have more positive beauty attitudes and look forward to looking and feeling terrific in the future. ■

The modeling industry is trying to expand the concept of what is considered beautiful, but we can do it only in a very limited way.
—Frances Grill, Click Models

Now there's a diversity of looks women can aspire to. —Gary Mulloy of Maybelline



Even more important than aspiring to certain role models is being acceptable to your family and your friends.
—Dr. Thomas Rees

Models, from left: Jane Gill of Ford, Alison Houtte of Name.



At No nonsense,® we know pantyhose have to brave all sorts of hazards. That's why we design our pantyhose to last. To make sure you always skirt disaster.

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Pantyhose that last are **No nonsense**®



The omelet on the right was made with zero-cholesterol Scramblers.®

Or was it the one on the left?



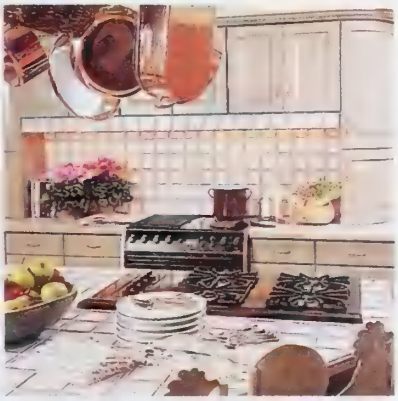
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FOOD AND HOME JOURNAL



Spring is just around the corner, and it's our favorite season to invite friends for dinner—especially if you have a fabulous kitchen to whip up a feast. We found two couples with perfect



KITCHENS FOR PEOPLE WHO LOVE TO COOK. They inspired us to create marvelous **MENUS FOR PEOPLE WHO LOVE TO PARTY** . . . Of course, no meal is complete without a grand finale, and **BETTER-THAN-SEX DESSERTS** are the best ever . . . If the new season doesn't put a spring in your step, **WILLARD SCOTT'S BREAKFAST BOOK** will! It's chock-full of fast recipes plus Willard's tips on how to have a great day.



KITC

FOR PEOPLE WHO LOVE TO COOK









Whether you're cooking a casual meal for friends or everyday fare for the family, great work space is a must. Here, a kitchen that's got it all, plus a menu for easy entertaining

There's no such thing as too many cooks in Jane Blemaster's French-country kitchen! Jane has two ovens and two cooktops (one electric; one gas), so when guests offer a helping hand, Jane has the space and equipment to spare. And she can cook many foods simultaneously—without having to juggle temperatures. Jane can even socialize while she works: The counter bar (with a built-in wine rack) opens onto the family room, *(continued)*

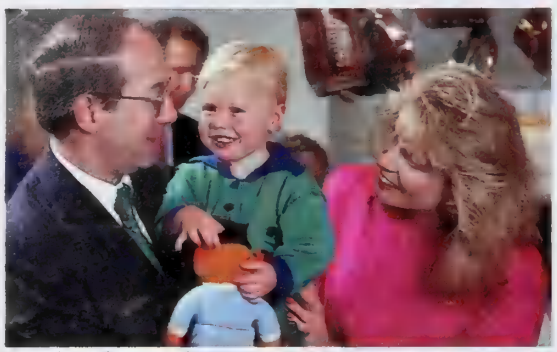
BY LAUREN PAYNE, DECORATING EDITOR, AND JAN HAZARD, FOOD EDITOR

Photos, J. Barry O'Rourke; food stylist, A.J. Battifarano; prop stylist, Gayle Malles; floral designer, Paul Bott for Twigs.

HENS



MEN FOR PEOPLE WHO LOVE TO PARTY





(continued) where guests mingle. And, with our quick-to-fix menu for six, hostess Jane doesn't spend the whole day preparing for her evening get-together. With help from her husband, Gary, and our detailed prep schedule, Jane can whip up Grilled Shrimp and Swordfish skewers and all the fixin's in an hour. The final task? Jane touches up table linens on a pull-out ironing board housed in the work island. Turn to page 192 for recipes, a shopping list and a do-ahead schedule.







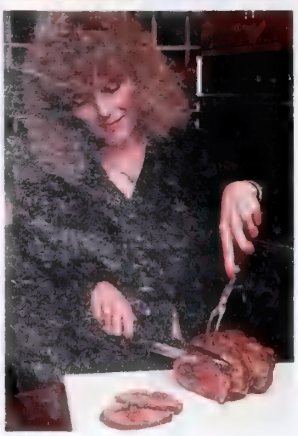

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KITCHENS FOR PEOPLE WHO LOVE TO COOK







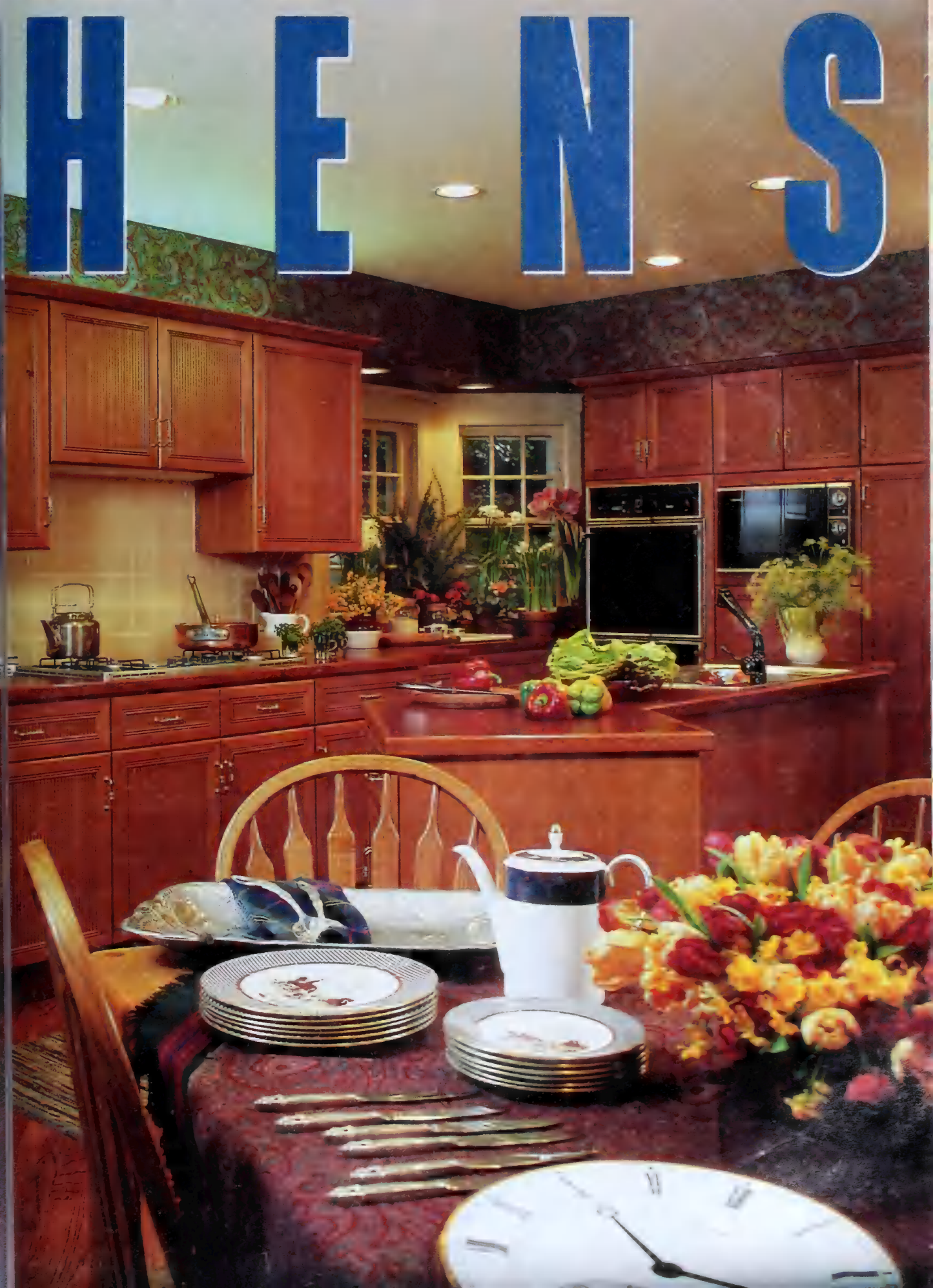




The ultimate luxury: A streamlined but inviting kitchen with a place for everything that makes it easy to keep everything in its place. Plus, fancy party fare for eight

You'd think a mom of four wouldn't have a minute to spend entertaining—much less doing all the cooking. But Lynda Dimiero's state-of-the-art kitchen design helps her do just that. Here, appliances and work areas are within easy reach of each other: A deep food-prep sink, perfect for washing veggies, is placed across from the refrigerator, so Lynda can toss together a salad in a snap; and the baking center, with big, pull-out drawers that store measuring cups and mixing bowls, occupies a niche right near the oven. And when Lynda, a gourmet cook, *(continued)*

China and linens, Ralph Lauren Home Collection.


H E N S

MEN FOR PEOPLE WHO LOVE TO PARTY

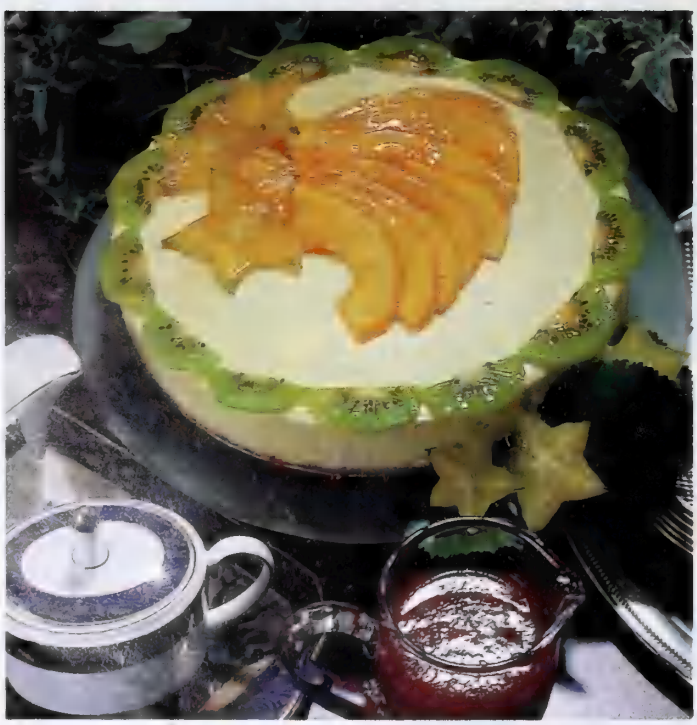




(continued) finishes preparing her latest culinary delight, all supplies and ingredients are hidden away in lots of cabinets.

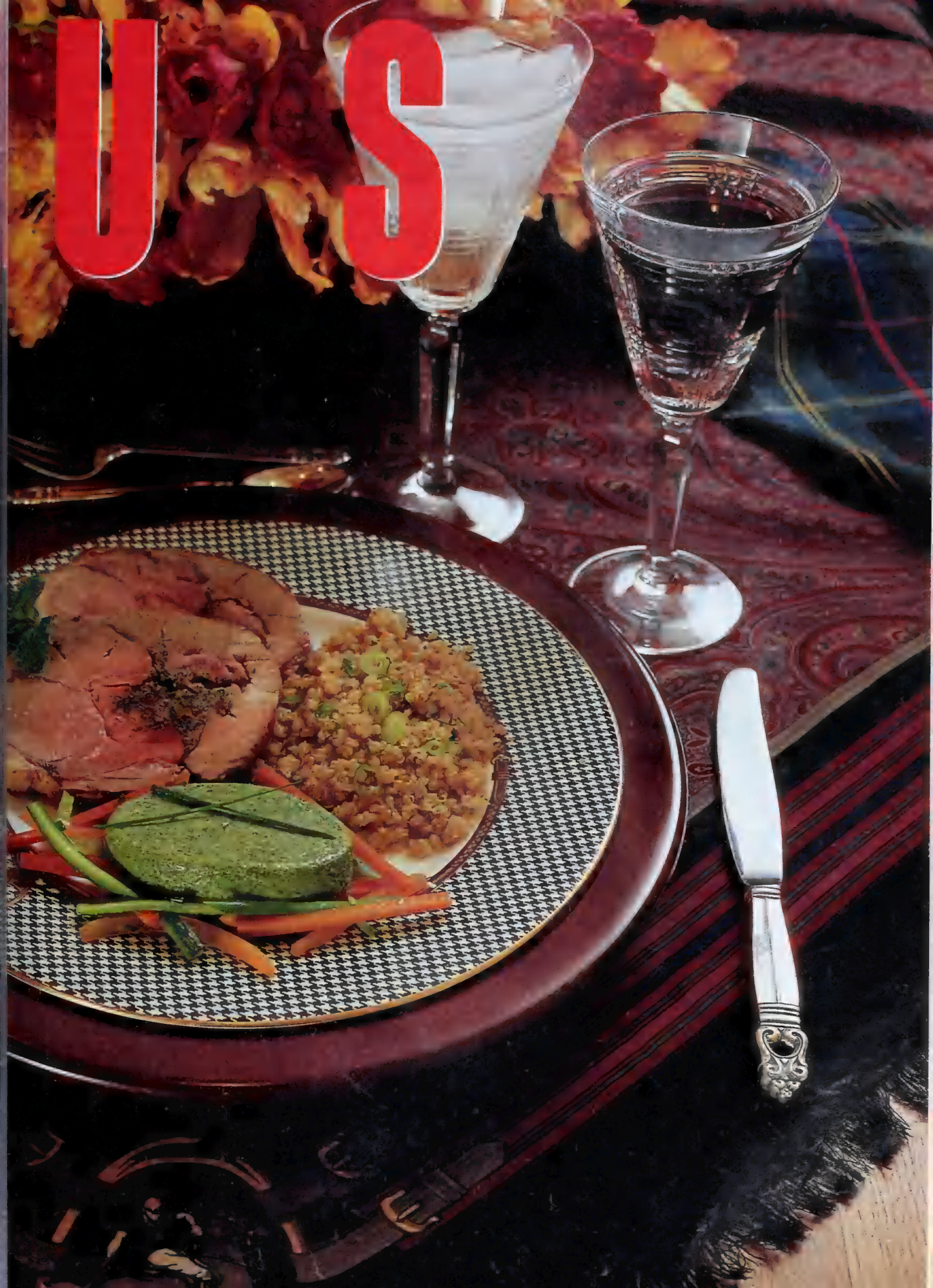
The Dimieros kept the color scheme simple, with dark paisley borders accenting the beige tiles and light oak woodwork.

Lynda and her husband, Alfred, frequently invite friends over for dinner, and we developed an elegant sit-down menu for eight (with a prep plan designed to suit a busy mom's schedule). Lynda can start this dinner days ahead—from the tasty Salmon Rillettes appetizer to the Roast Lamb with Mint Pesto entrée. Turn to page 196 for recipes and schedule.



Antique pine chest and rug, ABC Carpet & Home.




U S

continued from page 186

Easy · Moderate · Challenging · (M) Microwave

JANE BLEMASTER'S DINNER FOR SIX

Radishes with sweet butter, salt and French bread
***Grilled Pepper Shrimp and Swordfish**
***Chicken in Tomato-Basil Cream**
***Orzo Primavera**
***Spinach Salad with Grilled Shiitake Mushrooms**
***Berries with Orange Whipped Cream**
Cookies
Dry white wine

*Recipe given

SHOPPING LIST

1 pound medium shrimp in shells
1 pound swordfish
6 boneless, skinless chicken breast halves
1 pint heavy or whipping cream
½ pint sour cream
Freshly grated Parmesan cheese
1 bunch basil
1 bunch chives
1 package (10 oz.) fresh spinach leaves
1 small head radicchio
1 pound fresh asparagus
½ pound fresh shiitake mushrooms
2 bunches radishes
1 large shallot
½ pint fresh raspberries
2 pints fresh strawberries
1 lemon
1 can (14 oz.) plum tomatoes
1 package (10 oz.) frozen baby peas
1 can (13¾ or 14½ oz.) chicken broth
1 box (16 oz.) orzo pasta
1 package premium brand or bakery cookies
1 loaf crusty French bread
Dry white wine

STAPLES TO HAVE ON HAND

Butter or margarine
Unsalted butter
Olive oil
Balsamic vinegar
1 head garlic
2 onions
Granulated sugar
Confectioners' sugar
Tarragon
Red pepper flakes
Salt
Peppercorns
Orange-flavored brandy

SCHEDULE

1 day ahead:
Buy groceries, wine and liquor.
1 hour ahead:
1. Set out radishes, butter, salt and bread.
2. Preheat grill or broiler. Marinate seafood.
3. Make vinaigrette. Toss with mushrooms; grill.



4. Have guests help to skewer seafood and grill, wash greens for salad, set the table.
45 minutes ahead:
Prepare chicken and tomato-basil sauce.
30 minutes ahead:
1. Boil water for orzo.
2. Place chicken in oven.
3. Rinse and cut berries. Toss with brandy and refrigerate.
15 minutes ahead:
1. Cook orzo and vegetables.
2. Arrange salad on plates.
3. Whip cream for berries; refrigerate.

GRILLED PEPPER SHRIMP AND SWORDFISH

If you don't have an indoor grill, no need to wait for summer—make it in the broiler.

Prep time: 5 minutes ○
Cooking time: 4 to 6 minutes

¼ cup dry white wine
1 tablespoon minced garlic
¾ teaspoon red pepper flakes
1 teaspoon tarragon
¾ teaspoon freshly ground pepper
½ teaspoon salt
¼ cup olive oil
1 pound medium shrimp in shells
1 pound swordfish, cut into 1-inch pieces

Soak 12 wooden skewers in pan of warm water. Prepare grill or preheat broiler. Combine wine, garlic and spices in bowl. Whisk in oil and add shrimp and swordfish; toss to coat well. Thread on skewers. Place on grill or broiler pan and grill or broil 2 minutes. Turn and grill 2 to 4 minutes more, until opaque. Serve shrimp in shells. Makes 6 servings.

Nutrition info per serving: 240 calories, 28 gm protein, 13 gm fat, 2 gm carbohydrates, 342 mg sodium, 123 mg cholesterol.

CHICKEN IN TOMATO-BASIL CREAM

Use heavy cream for the sauce—anything with less butterfat may curdle.

Prep time: 15 to 20 minutes ○
Cooking time: 20 minutes

1 tablespoon butter or margarine
½ cup finely chopped onion
1 can (14 oz.) plum tomatoes, coarsely chopped
½ cup heavy or whipping cream
½ cup julienned basil leaves
½ teaspoon salt
½ teaspoon freshly ground pepper
6 boneless, skinless chicken breast halves

Preheat oven to 450°F. Heat butte skillet. Add onion and cook over m um heat until translucent, 5 minu Increase heat to high; add toma and cook until liquid is almost eva rated, 5 to 10 minutes. Add cream bring to boil; boil until slightly th ened, 3 minutes. Stir in basil, salt pepper. Arrange chicken in shal baking dish; pour sauce on top. B 20 minutes. Makes 6 servings.

Nutrition info per serving: 230 calories, 28 protein, 11 gm fat, 5 gm carbohydrates, 39 sodium, 98 mg cholesterol.

ORZO PRIMAVERA

Orzo, a rice-shaped pasta, teams with peas and asparagus.

Total prep time: 15 minutes

2 cups orzo pasta
1 pound fresh asparagus, cut in ½-inch pie
1 cup frozen baby peas
1 tablespoon olive oil
1 tablespoon butter or margarine
2 teaspoons minced garlic
⅓ cup chicken broth
½ teaspoon grated lemon peel
½ teaspoon salt
¼ teaspoon freshly ground pepper
Freshly grated Parmesan cheese

Bring large pot salted water to b Add orzo and cook 5 minutes; add paragus and cook 5 minutes more using pencil-thin asparagus, cook 8 minutes, add asparagus and coo minutes.) Add peas to pasta; drain.

Meanwhile, heat oil and butte large skillet over medium heat. garlic and cook 30 seconds. Add chi en broth, lemon peel, salt and pep bring to boil. Stir in orzo. Serve w Parmesan. Makes 6 servings.

Nutrition info per serving: 325 calories, 12 protein, 5 gm fat, 57 gm carbohydrates, 31 sodium, 5 mg cholesterol.

SPINACH SALAD WITH GRILLED SHIITAKE MUSHROOMS

The mushrooms can be marinated room temperature up to one hour.

Prep time: 10 minutes
Cooking time: 2 to 4 minutes

Balsamic Vinaigrette
2 tablespoons balsamic vinegar
1 tablespoon chopped shallots
¼ to ½ teaspoon salt
½ teaspoon freshly ground pepper
¼ cup olive oil

½ pound fresh shiitake mushrooms, stems removed
1 package (10 oz.) fresh spinach leaves, ste removed, rinsed and dried
1 small head (2 cups) radicchio, rinsed and dried
1 tablespoon chopped fresh chives

(continued on page 1

America's Dairy Farmers
National Dairy Board

Sprinkle on the cheddar cheese and sprinkle on the taste.

EASY CHEESE POTATO

Split open a hot baked potato. Fluff with a fork. Pile on shredded cheddar cheese. Pop in the microwave for 30 seconds — or the oven for 5 minutes.

CHEDDAR CHEESE MAKES ALL THE DIFFERENCE

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"Can you believe how fast
we got out of the kitchen?..."



SHE: . . . It's gotta be some kind of miracle.
HE: Huh?
SHE: I said it's a miracle.
HE: What do you mean?
SHE: I mean us. Being here. In our seats. Programs in hand. On time. As in not late. As in this is the first time in twelve years we've ever been on time for a school play.
HE: Oh . . . you're right. It is a miracle.

Not a miracle exactly. But close. VISIONS® from Corning. An amazing line of see-through cookware that gets you out of the kitchen and on to more important things faster than other cookware can.

HE: You did a great job on the costume . . .
SHE: Thanks.
HE: She is the cutest little blue cloud I've ever seen.

And you've never seen a prettier piece of cookware either. Or one so versatile. VISIONS goes right from the rangetop, to the microwave, to the table. Then, into the refrigerator—and even back to the microwave again. You can cook, serve, store and reheat all in one piece.

HE: How did you manage that anyway?
SHE: Well, . . . the puffy stuff is angel's hair which I glued onto . . .
HE: No . . . not that part.
SHE: What?
HE: The us part. The us being on time.

While other pots and pans are still piled in the sink, your single VISIONS pot is coming out of the dishwasher bright and sparkling. And you? You're already miles away.

HE: She is definitely the cutest little blue cloud I have ever seen.



Now Available in Casseroles.

VISIONS

Cookware for people with other things to do.

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PARTY MENUS

continued from page 192

Prepare grill or preheat broiler. *Balsamic Vinaigrette:* Whisk all ingredients except oil together in bowl. Add oil in thin, steady stream, whisking.

Toss mushrooms with 2 tablespoons vinaigrette in another bowl. Grill or broil mushrooms 1 to 2 minutes per side. Toss greens with remaining vinaigrette. Arrange greens and mushrooms evenly on 6 salad plates. Garnish with chives. Makes 6 servings.

Nutrition info per serving: 105 calories, 2 gm protein, 10 gm fat, 4 gm carbohydrates, 169 mg sodium, 0 mg cholesterol.

BERRIES WITH ORANGE WHIPPED CREAM

Sweetening cream with confectioners' sugar helps the whipped cream to hold.

Total prep time: 10 minutes

½ pint raspberries
2 pints strawberries, hulled and quartered
¼ cup orange-flavored brandy
2 tablespoons granulated sugar
½ pint heavy or whipping cream
½ cup sour cream
2 tablespoons confectioners' sugar

Toss berries with liqueur and granulated sugar in large bowl. Refrigerate 30 minutes before serving. Beat heavy cream, sour cream and confectioners' sugar in mixer bowl to soft peaks. Serve with berries. Makes 6 servings.

Nutrition info per serving: 275 calories, 2 gm protein, 19 gm fat, 21 gm carbohydrates, 26 mg sodium, 63 mg cholesterol.

LYNDA DIMIERO'S DINNER FOR EIGHT

***Salmon Rillettes with Pumpernickel Bread and cucumber spears**
Pistachio nuts
***Roast Lamb with Mint Pesto**
***Quinoa Pilaf**
***Spinach Timbales**
***Spring Vegetable Sauté**
Tossed Green Salad
***Passionfruit Cheesecake with Tropical Fruit and Cactus Pear Coulis**
Wine
Coffee, tea

SHOPPING LIST

8 ounces salmon fillet
4 ounces smoked salmon
1 boneless leg of lamb (5½-6 lb.), butterflied
6 large eggs
½ pound butter or margarine
1 loaf pumpernickel bread
2 cups quinoa
1 box (10 oz.) frozen chopped spinach or 1¼ pounds fresh



1 pint heavy or whipping cream
Freshly grated Parmesan cheese
2 packages (8 oz. each) cream cheese
1 package Bordeaux cookies
1 lemon
2 large shallots
1 bunch dill
2 cucumbers
2 bunches mint
1 bunch green onions
1 bunch parsley
5 carrots
2 yellow peppers
2 small zucchini
8 ounces snow peas
1 bunch chives
6 passionfruit
2 limes
1 papaya
1 starfruit (carambola)
1 kiwifruit
2 cactus pears
Pine nuts (pignoli) or almonds
Red and white wine

STAPLES TO HAVE ON HAND

Garlic
Salt
Peppercorns
Ground red pepper
Unflavored dry bread crumbs
Olive oil
Chicken broth
Sugar
Apricot preserves

SCHEDULE

2 days ahead:
1. Buy groceries, wine and liquor.
2. Make cheesecake.

1 day ahead:
1. Prepare salmon rillettes.
2. Cut cucumber spears.
3. Stuff leg of lamb with mint pesto.
4. Prepare quinoa pilaf.
5. Prepare spinach timbales.
6. Cut carrots, zucchini, peppers and snow peas.
7. Wash greens for salad.
8. Prepare cactus pear sauce.

DAY OF PARTY

3 hours ahead:
Remove lamb from refrigerator.

2 hours ahead:
1. Roast lamb.
2. Garnish cheesecake with fruit; glaze.

1 hour ahead:
Remove salmon rillettes from refrigerator. Toast bread for rillettes; arrange on platter with cucumber spears.
2. Microwave carrots.

15 minutes ahead:
1. Reheat quinoa in microwave.
2. Reheat spinach timbales in microwave.
3. Sauté vegetables.
4. Deglaze roasting pan.

SALMON RILLETTES

The salmon can be made a day ahe Let it stand at room temperature hour before serving.

Prep time: 10 minutes
Microwave time: 3 minutes

1 fillet salmon (8 oz.), skinned
2 tablespoons plus 1 teaspoon lemon juice
4 ounces smoked salmon
3 tablespoons butter or margarine, softened
¼ teaspoon salt
½ teaspoon freshly ground pepper
Pinch ground red pepper
2 tablespoons minced shallots
2 tablespoons chopped fresh dill
Toasted pumpernickel bread
2 cucumbers, cut into long spears

Place salmon in center of 9-in microwaveproof plate. Sprinkle wit teaspoon lemon juice. Cover with v paper. Microwave on High 2 minut Turn salmon over and microwave c ered 1 to 1½ minutes more, until c ter of fish is just opaque. Cool.

Place cooled salmon in food proc sor with smoked salmon, remainin tablespoons lemon juice, butter, s and peppers. Process, pulsing with off motion, until mixture is just c bined and has coarse texture. Trans to bowl and stir in remaining ingre ents. Spoon salmon rillettes into 2- serving bowl. Garnish with dill. Se with toasted pumpernickel and cucu bers. Makes 1⅔ cups.

Nutrition info per tablespoon: 30 calories, 3 protein, 2 gm fat, 0 gm carbohydrates, 73 mg s um, 9 mg cholesterol.

ROAST LAMB WITH MINT PESTO

Our roasting times will work only if meat starts at room temperature.

Prep time: 25 minutes
Cooking time: 1½ hours

⅔ cup chopped fresh mint
⅓ cup plain dry bread crumbs
2 tablespoons toasted pine nuts (pignoli) almonds, chopped
1 tablespoon olive oil
2 teaspoons minced garlic
1 teaspoon salt
½ teaspoon freshly ground pepper
1 boneless leg of lamb (5½–6 lb.), butterf
1½ cups red wine
1½ cups chicken broth

Combine mint, bread crumbs, p nuts, oil, garlic, salt and pepper small bowl. Place lamb, fat side do on work surface. Evenly spread m filling over meat. Roll lamb, beginn at one short end, and tie securely w kitchen string. *(Can be made ahe Wrap in plastic wrap and refriger up to 24 hours.)*

One hour before roasting, rem lamb from refrigerator. Remove pla wrap and place lamb fat *(continu*

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side up in roasting pan.

Preheat oven to 450°F. Roast 20 minutes. Reduce heat to 375°F. and roast 40 to 50 minutes more for medium-rare or until internal temperature reaches 140°F. Transfer lamb to warm serving platter and let stand at least 10 minutes before slicing.

Add wine and broth to roasting pan; cook, scraping up browned bits, until reduced to 2 cups, about 10 minutes. Degrease pan juices and serve with lamb. Makes 8 servings.

Nutrition info per 3-ounce serving: 250 calories, 23 gm protein, 16 gm fat, 2 gm carbohydrates, 279 mg sodium, 82 mg cholesterol.

QUINOA PILAF

Quinoa (pronounced keenwa) is a grain that originated in Peru. For entertaining ease, make this a day ahead and refrigerate. Reheat in a microwaveproof bowl on High four to six minutes.

Prep time: 5 minutes ○
Cooking time: 30 minutes

- 1 can (13¾ or 14½ oz.) chicken broth
- 1⅔ cups water
- 2 cups quinoa
- 1 tablespoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ¼ cup sliced green onions
- 2 tablespoons chopped fresh parsley

Bring chicken broth and water to boil in large saucepan.

Rinse quinoa thoroughly in fine sieve until water runs clear. Heat large skillet over medium-high heat; add quinoa. Cook, stirring constantly, until grains are dry and begin to crackle, about 5 to 10 minutes. Add oil and stir until grains are coated and separate. Add hot broth, salt and pepper. Reduce heat to low; cover and cook until water is absorbed and grains are transparent, about 20 minutes. Fluff wth fork. Toss with green onions and parsley. Makes 7 cups.

Nutrition info per ½ cup: 105 calories, 3 gm protein, 3 gm fat, 17 gm carbohydrates, 200 mg sodium, 0 mg cholesterol.

SPINACH TIMBALES

You can make the timbales a day ahead—just cover and refrigerate. Then reheat, covered with wax paper, in the microwave on High four minutes.

Prep time: 20 minutes ○
Cooking time: 20 to 25 minutes

- 2 tablespoons butter or margarine
- 1 tablespoon minced shallot
- 2 teaspoons minced garlic
- 1 package (10 oz.) frozen chopped spinach, thawed (or 1¼ lb. fresh spinach, steamed) and squeezed dry



- 1 cup heavy or whipping cream
- ¼ cup freshly grated Parmesan cheese
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 3 large eggs
- Fresh chives, for garnish

Preheat oven to 375°F. Coat eight 6-ounce ramekins or custard cups with vegetable cooking spray and set in shallow roasting pan.

Melt butter in large skillet over medium heat. Add shallots and garlic; cook until softened, about 1 to 2 minutes. Add spinach, cream, cheese, salt and pepper; cook about 2 minutes. Puree in batches in blender until smooth. Add eggs and process until combined. Pour into ramekins. Place pan in oven and pour boiling water around ramekins halfway up sides. Bake 20 to 25 minutes, until puffed and knife inserted in center comes out clean. Cool slightly. Unmold onto platter. Garnish with chives. Makes 8.

Nutrition info per serving: 180 calories, 5 gm protein, 17 gm fat, 3 gm carbohydrates, 284 mg sodium, 131 mg cholesterol.

SPRING VEGETABLE SAUTÉ

To save time, cut the vegetables the day before the party and store separately in plastic bags in the refrigerator.

Prep time: 25 minutes ○ Ⓜ
Cooking time: 5 minutes

- 5 carrots
- 2 yellow peppers
- 2 small zucchini
- 8 ounces snow peas, trimmed
- 2 tablespoons butter or margarine
- ¼ cup chopped fresh chives
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper

Cut carrots into thin julienne strips. Place in 9-inch microwaveproof pie plate with 2 tablespoons water. Cover with wax paper and microwave on High 1½ to 2 minutes, until carrots are just tender. Drain, then rinse under cold running water. Cut remaining vegetables into thin julienne strips.

Melt butter in large skillet over medium-high heat. Add all vegetables except snow peas, cover and cook 2 minutes. Add snow peas, salt and pepper and cook uncovered, stirring until hot and vegetables are tender-crisp, 2 to 3 minutes more. Stir in chives. Serve immediately. Makes 8 servings.

Nutrition info per serving: 65 calories, 2 gm pro 3 gm fat, 9 gm carbohydrates, 184 mg sodium, cholesterol.

PASSIONFRUIT CHEESECAKE WITH TROPIC FRUIT AND CACTUS PEAR COULIS

This just might become your favo cheesecake flavor. You can make cheesecake and coulis ahead. C and refrigerate up to two days.

Prep time: 1 hour plus chilling
Cooking time: 55 to 65 minutes

- 1 package (6¾ oz.) Bordeaux cookies
- 1 tablespoon butter or margarine, melted
- 6 ripe passionfruit
- 2 packages (8 oz. each) cream cheese
- 1 cup plus 1 tablespoon sugar
- 3 large eggs
- ½ cup heavy or whipping cream
- 2 tablespoons plus 1 teaspoon fresh lime j
- 2 tablespoons apricot preserves
- 1 papaya, peeled, seeded and sliced
- 1 starfruit (carambola), sliced
- 1 kiwifruit, peeled and sliced
- 2 cactus pears (prickly pears)

Preheat oven to 325°F. Butter 9- springform pan. Wrap outside of in foil. Process cookies in food pro sor until ground fine; add butter process until crumbs are just m ened. Press on bottom of pan. E crust 5 minutes. Cool on wire rack

Cut passionfruit in half; press s and yellow pulp against straine yield ⅓ to ½ cup juice. Beat cr cheese in mixer bowl until softe add sugar and beat until smooth. eggs one at a time, beating after addition. Add passionfruit juice, cr and 1 teaspoon lime juice.

Pour batter into prepared pan place in larger ovenproof pan. Po inch boiling water in larger pan. E cheesecake 55 to 65 minutes, until Cool 30 minutes in water bath. move from water and refrigerate u chilled, about 4 hours.

Heat jam and 1 tablespoon lime j in saucepan until jam is mel strain. Remove sides of pan. Place slices on cake; brush with glaze. Re erate up to 2 hours. Makes 10 servi

Cactus Pear Coulis: Wearing ru gloves, slice ½ inch from each en cactus pears. Slit lengthwise abou inch deep. Pull off thick layer of Slice fruit in quarters. Puree in processor; strain. Add 1 tables *each* sugar and lime juice; process til sugar is dissolved. Makes ½ cu

Nutrition info per serving: 465 calories, 7 gm tein, 28 gm fat, 50 gm carbohydrates, 239 mg um, 133 mg cholesterol.

Blemaster menu developed by Brainerd and Julia Pemberton. miero menu developed by Carol Pr and Kathy Jackette.



LAW Apple slices and shredded
ossed in honey-mayonnaise.



SLICED BEET SALAD With
a Dijon vinaigrette dressing.



ORANGE CARROT SALAD Shredded carrots,
raisins and almonds with lime vinaigrette.



D FRUIT PLATE Fresh, perfectly
and served with ginger dressing.



COMPOSED SALAD Shrimp, ham or turkey
with shredded and sliced vegetable garnish.



PASTA PRIMAVERA Sliced fresh vegetables
in pasta with light Italian dressing.

Shoot some Salad.

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This is a process that takes natural ingredients and then allows nature to take its time to create a truly distinctive flavor.

A flavor that enhances your food, not overpowers it.

And we've done it this way for 358 years.

So while other soy sauces use a shortcut process that can be completed in as little as a few days, Kikkoman takes up to six months to brew every single drop.

Kikkoman. With 358 years and six months in every bottle, anything else is less.



K I K K O M A



WILLARD SCOTT'S BREAKFAST BOOK

WANT TO RISE AND SHINE LIKE AMERICA'S FAVORITE WEATHERMAN? HERE ARE GREAT BREAKFAST RECIPES PLUS TIPS FOR STARTING THE DAY WITH A SMILE

BAGEL TOPPERS

These spreads are not for bagels only . . . try on biscuits, croissants or toasted wheat or pumpernickel English muffins.

To make each one, combine 8 ounces softened or whipped cream cheese with ingredients listed below in bowl and beat until blended. Each makes about 1¼ cups and keeps up to a week in the refrigerator.

DATE-NUT WITH ORANGE: ⅓ cup finely chopped dates, 2 tablespoons chopped walnuts, toasted, and ¼ teaspoon grated orange peel.

Nutrition info per tablespoon: 50 calories, 1 gm protein, 4 gm fat, 3 gm carbohydrates, 34 mg sodium, 12 mg cholesterol.

LEMON-CHIVE: ¼ cup chopped fresh chives, 1 tablespoon fresh lemon juice, ¼ teaspoon grated lemon peel and ¼ teaspoon freshly ground pepper.

Nutrition info per tablespoon: 40 calories, 1 gm protein, 4 gm fat, 0 gm carbohydrates, 34 mg sodium, 12 mg cholesterol.

SHALLOT-PARSLEY: 2 tablespoons minced shallots and 2 tablespoons fresh chopped parsley.

(continued)





Nutrition info per tablespoon: 40 calories, 1 gm protein, 4 gm fat, 0 gm carbohydrates, 34 mg sodium, 12 mg cholesterol.

100% FRUIT: 3 tablespoons 100% fruit preserves.

Nutrition info per tablespoon: 45 calories, 1 gm protein, 4 gm fat, 2 gm carbohydrates, 34 mg sodium, 12 mg cholesterol.

HAM–GREEN ONION: Mix with 3 ounces ham in food processor. Stir in 2 tablespoons chopped green onions.

Nutrition info per tablespoon: 45 calories, 2 gm protein, 4 gm fat, 0 gm carbohydrates, 97 mg sodium, 15 mg cholesterol.

BUTTER SPREADS

To make each spread, combine ½ cup butter with ingredients below; beat until fluffy. Each makes ⅔ cup.

WALNUT-HONEY: ⅓ cup walnuts and 2 tablespoons honey.

Nutrition info per tablespoon: 120 calories, 1 gm protein, 12 gm fat, 4 gm carbohydrates, 94 mg sodium, 25 mg cholesterol.

ORANGE: ⅓ cup confectioners' sugar, 2 tablespoons orange juice and ½ teaspoon grated orange peel.

Nutrition info per tablespoon: 100 calories, 0 gm protein, 9 gm fat, 4 gm carbohydrates, 94 mg sodium, 25 mg cholesterol.

SUGAR-SPICE: ⅓ cup sugar, 2 teaspoons cinnamon, 1 teaspoon *each* ginger and cardamom.

Nutrition info per tablespoon: 110 calories, 0 gm protein, 9 gm fat, 7 gm carbohydrates, 94 mg sodium, 25 mg cholesterol.

SESAME: 2 tablespoons toasted sesame seeds and 2 tablespoons honey.

Nutrition info per tablespoon: 90 calories, 0 gm protein, 10 gm fat, 0 gm carbohydrates, 94 mg sodium, 25 mg cholesterol.

HOT CEREALS

TOFFEE CREAM OF WHEAT: For each serving, combine 2½ tablespoons cream of wheat, ¾ cup milk and pinch salt in microwaveproof bowl. Microwave on High 1 minute; stir. Microwave 1 to 2 minutes more, stirring once. Heat 2 tablespoons chopped almonds and 1 tablespoon *each* butter and sugar in skillet until nuts are golden. Pour over cereal; serve with milk. *(continued)*



FIBER FACTS

By now everyone knows that fiber is an essential part of a healthy diet. Yet even though many people have hopped on the oat-bran bandwagon, Americans still remain fiber-deficient. In fact, according to the National Cancer Institute, most of us should double the amount of fiber we eat (we need between twenty and thirty grams a day in order to reap the health benefits). You need two types of fiber—insoluble for bulk and soluble for lowering cholesterol. Breakfast is the best time to up your fiber intake. Here's how: ■ *Choose whole-grain cereals such as oatmeal, bran flakes, shredded wheat and any of the high-fiber ready-to-eat brands.* ■ *Go for whole-grain breads. Bran, oat, rye and whole wheat flours and grains can be incorporated into such breakfast favorites as muffins, waffles, pancakes, bagels and English muffins.* ■ *Opt for fruits instead of fruit juices (although juices with pulp, like orange and grapefruit, contain more fiber than juices without pulp). Berries, raisins, oranges, grapefruit, pineapple and any fruits that can be eaten with their peel (apples, pears, peaches, plums) are good fiber sources.* ■ *It's better to eat fiber-rich foods than fiber supplements. Studies show that the fiber in food has a greater protective effect on the body.* ■ *Be sure to introduce more fiber into your life gradually—especially foods containing the psyllium grain, which has even more soluble fiber than oat bran. Too much fiber too soon can turn your digestive tract topsy-turvy.* —PATRICIA COBE

Honey can add golden color and sweetness to everything from a vinaigrette to a whipped-cream filling. Recipes and cooking and storage tips are available in a free brochure. To order the brochure *"Add Honey, the Golden Touch,"* send a stamped, self-addressed, business-size envelope to: National Honey Board, c/o Evans Food Group–LHJ, 190 Queen Anne North, 4th Floor, Seattle, WA 98109

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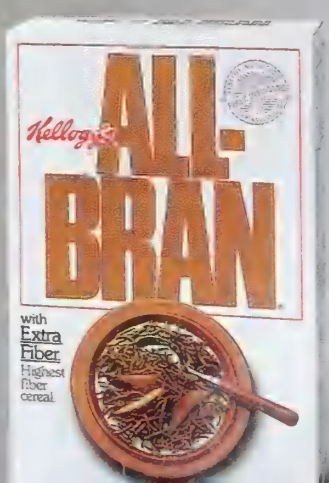


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Nutrition info per serving: 350 calories, 6 gm protein, 20 gm fat, 37 gm carbohydrates, 121 mg sodium, 31 mg cholesterol.

CINNAMON-RAISIN COUSCOUS: For each serving, combine ½ cup water, dash salt and 1 teaspoon butter in microwave-proof bowl. Microwave on High 2 minutes, to full boil. Stir in ¼ cup couscous and 1 tablespoon raisins; let stand covered 5 minutes. Serve with cinnamon-sugar and milk.

Nutrition info per serving: 125 calories, 3 gm protein, 0 gm fat, 28 gm carbohydrates, 5 mg sodium, 0 mg cholesterol.

BEVERAGES

Cappuccino shake

Wake up with this quick-as-a-wink blender drink.

Total prep time: about 5 minutes

1 container (8 oz.) coffee yogurt
1 tablespoon chocolate syrup
½ teaspoon instant espresso
½ cup ice cubes
Cinnamon

Blend all ingredients except cinnamon in blender until ice is chopped. Pour into glass and sprinkle with cinnamon. Makes 1 serving.



Nutrition info per serving: 235 calories, 12 gm protein, 3 gm fat, 43 gm carbohydrates, 168 mg sodium, 11 mg cholesterol.

My morning inspiration? All those folks who are a hundred years old and still raring to go!



A MORNING PRAYER

Eternal God, this new day is the gift of Your love; teach us to rejoice and be glad in it. If the day should prove difficult, grant us courage, cheerfulness and a quiet mind. Teach us to remember that each day has troubles enough of its own, so that we don't try to carry tomorrow's burdens with today's strength. When we are threatened by uncertainties, remind us that Your loving-kindness is there to meet us at every corner. Help us to keep a good opinion of ourselves, and bring us through safely to nightfall. Amen. *By R. Maurice Boyd*

The Reverend Dr. Boyd is pastor of the Fifth Avenue Presbyterian Church in New York City. His most recent book is *Permit Me Voyage* (Welch/Burlington, Ontario, Canada, 1989).

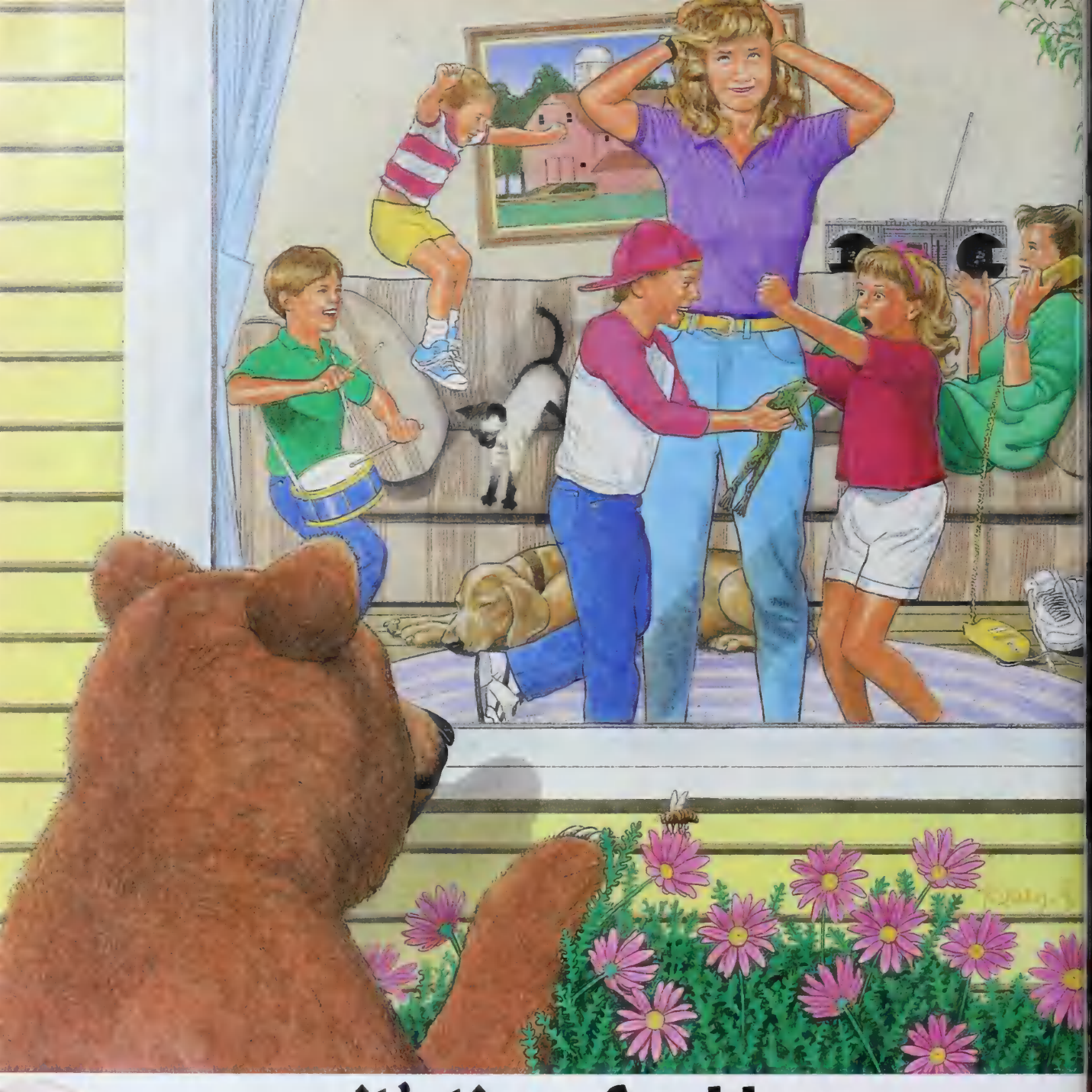
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But just because the amounts are equal doesn't mean the results will be.
Mountain Grown Folgers® dark, sparkling Crystals are the difference.

SO DARK AND RICH, SHOULDN'T YOU SWITCH?





it's time for Honey



While there's no place like home, sometimes you need a little space for *yourself.* Which is when honey, on just about anything, is so-o-o-o nice. Squeeze it onto one of those special English muffins you brought home from the bakery. Whip up a little honey yogurt dressing for sliced fruit and some of those greens in the crisper.

Put up your feet and put aside the world for a minute. Taste the sweet satisfaction of honey. Nothing made by man tastes as good.

So, if you don't have honey on hand, get some. When it's time to be good to yourself, it's one of the bear essentials.

Honey

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Look for products with the Honey mark

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Log Cabin® Lite has a rich maple taste but it's missing a little something.

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Most oat bran cereals have not been through extensive clinical testing. Original Quaker Oat Bran hot cereal has. It was tested by researchers at a major university medical school, where participants added 56 grams (or tw ounces) daily to a fat modified diet. The results? Original Quaker Oat Bra hot cereal helped reduce cholesterol significantly as part of that diet.



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And now, Quaker Oat Bran comes in a crunchy cold cereal and three ne microwaveable hot cereals. More ways to get the oat bran you want every and more ways to enjoy it. So get your oat bran from The Expert. Quaker.



Oat Bran From The Expert.™

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On the run

Apple-cheese melt

Put this sandwich together the night before and cook in the morning while watching Willard's report.

Prep time: 5 minutes ○
Cooking time: 4 minutes

1 tablespoon butter, softened
2 slices whole wheat bread
1 slice (1 oz.) ham
1 round slice apple, cored
1 slice (1 oz.) Swiss cheese

Spread butter on 1 side of each bread slice. Make sandwich, buttered sides out, with ham, apple and cheese. Cook covered in skillet over medium heat until browned on both sides. Makes 1 serving.

Nutrition info per serving: 395 calories, 18 gm protein, 25 gm fat, 26 gm carbohydrates, 828 mg sodium, 80 mg cholesterol.

(continued from page 208)

¾ teaspoon salt
2 large eggs, lightly beaten

Custard Layer

1 pint half and half cream
4 large eggs
½ cup sliced green onions
¼ cup minced sun-dried tomatoes in oil
¼ teaspoon each *salt and freshly ground pepper*
Pinch ground red pepper
Pinch nutmeg

1 cup shredded mozzarella cheese
⅓ cup grated Parmesan cheese
½ cup julienned fresh basil

Cornmeal Layer: Cook sausage; drain. Combine remaining ingredients except eggs in saucepan. Bring to boil, stirring constantly, until thickened. Boil, stirring, 5 minutes more. Remove from heat and stir in eggs and sausage. Spread in shallow 13x9-inch baking dish; cool. *(Can be made ahead. Cover and refrigerate up to 24 hours.)*

Custard Layer: Preheat oven to 350°F. Whisk all custard ingredients together in bowl.

Sprinkle cheeses and basil over cornmeal; pour on custard. Bake 50 minutes, until knife inserted in center comes out clean. Let stand 10 minutes. Makes 10 servings.

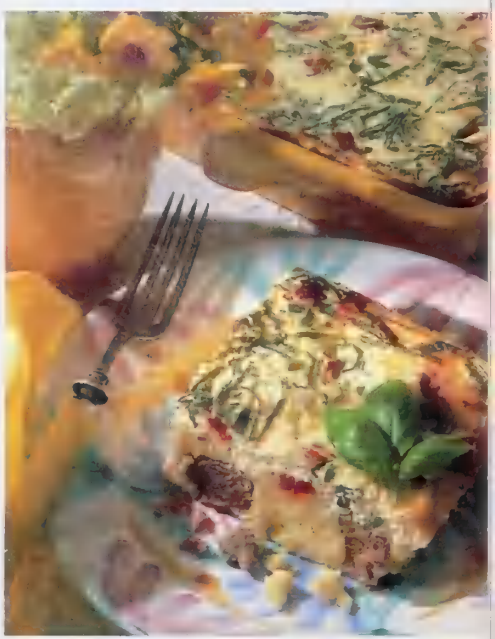
Nutrition info per serving: 315 calories, 15 gm protein, 21 gm fat, 16 gm carbohydrates, 744 mg sodium, 178 mg cholesterol.

Ricotta pancakes

Whipped egg whites make these pancakes feathery-light.

Prep time: 5 minutes ○
Cooking time: 3 to 4 minutes per batch

3 large eggs, separated



⅔ cup part-skim ricotta cheese
¼ cup whole wheat flour
2 tablespoons sugar
2 tablespoons butter, melted
¼ teaspoon grated orange peel
Orange Butter (page 202)

Combine egg yolks and next 5 ingredients in bowl until blended. Beat egg whites to soft peaks. Fold into batter.

Heat griddle over medium (250°F.) heat. Spoon ¼ cup batter into skillet for each pancake. Cook until bubbles begin to break, 2 to 3 minutes. Turn; cook 1 minute. Serve with Orange Butter. Makes 8.

Nutrition info per pancake: Without Orange Butter, 105 calories, 5 gm protein, 6 gm fat, 7 gm carbohydrates, 79 mg sodium, 94 mg cholesterol.

Dutch baby

This fruit-filled treat is also known as a German pancake. Serve with real maple syrup for extra flavor. *(continued)*

UP YOUR VITAMIN C

A woman's RDA for vitamin C is 60 mg a day. Here's our top-ten list—high-C breakfast treats that will meet the RDA (or come close):

Food	Vitamin C (mg)	Calories
1 cup orange juice	120	110
½ small cantaloupe	90	80
1 cup grapefruit juice	90	100
1 cup fresh strawberries	88	55
1 cup cranberry-juice cocktail	81	165
1 medium kiwifruit	75	46
1 medium orange	66	65
½ medium grapefruit	45	50
1 wedge honeydew	40	50
1 cup tomato juice	39	45



Prep time: 15 minutes
Cooking time: 20 minutes

- *3 tablespoons butter*
- *4 large eggs*
- *1 cup milk*
- *1 cup all-purpose flour*
- *1 tablespoon sugar*
- *1/8 teaspoon nutmeg*

Apple-Pear Filling

- *3 tablespoons butter*
- *3 apples, peeled and cut into eighths*
- *3 pears, peeled and cut into eighths*
- *3 tablespoons sugar*

Maple syrup (optional)

Preheat oven to 425°F. Melt butter in 12-inch ovenproof skillet over medium heat. Meanwhile, blend eggs, milk, flour, sugar and nutmeg in blender until smooth, scraping sides. Pour into skillet. Bake 20 minutes or until puffy. Spoon in filling; serve in wedges with syrup. Makes 6 servings.

Apple-Pear Filling: Melt butter in large skillet. Cook apples and pears, sprinkled with sugar, stirring occasionally, until fruit is tender and beginning to brown, 12 to 15 minutes.

Nutrition info per serving: 370 calories, 8 gm protein, 17 gm fat, 48 gm carbohydrates, 179 mg sodium, 178 mg cholesterol.



On the run

Waffle-egg sandwich

Any frozen waffle can be used—but purists are welcome to make their own.

Total prep time: 5 minutes

- **2 frozen waffles**
- **1 slice (1 oz.) Canadian bacon**





Four clever wa

GENERAL FOODS USA

*Of all nationally advertised brands
© 1990 General Foods Corporation

teaspoons butter or margarine, divided
large egg
slice (1 oz.) Cheddar cheese
st waffles in toaster. Warm Cana- n bacon in small skillet over medi- heat 1 minute per side. Spread teaspoon butter on each waffle l top 1 waffle with Canadian on slice.
Melt remaining 1 teaspoon butter same skillet over medium heat. l egg and cook until center is firm, ut 30 seconds. Place egg on bacon e and top with Cheddar cheese. e in toaster oven and broil until ese is melted and bubbly, about 1 ute. Top with other waffle. Makes erving.
ition info per serving: 410 calories, 22 protein, 27 gm fat, 20 gm carbohydrates, 0 mg sodium, 332 mg cholesterol.

gs benedetto

Italian version of Eggs edict, with *(continued)*

I live on a farm where I make my own sausage





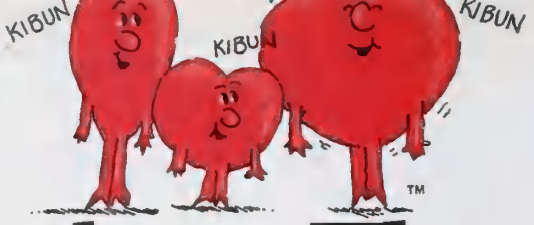


nom can disguise nutrition.

Kids love the taste of Tang Fruit Box® so much, they never suspect there's nutrition hidden inside. While it isn't a substitute for a balanced diet, Tang is the only drink box with all-natural flavors, a full day's supply of Vitamin C and four other essential vitamins.*

Tang Fruit Box®. Nutrition in disguise.™

BRAND



The Numbers That Count The Most To Your Heart.

Averages Per Brand/Line:	CHOLESTEROL *mg.*	SODIUM *mg.*	FAT *g*
KIBUN GOLD™	**21**	**414**	**3.8**
Right Course™ *	40	575	7.8
Lean Cuisine™ *	61	942	8.4
Weight Watchers™ *	62	788	10.8

Our new line of 14 tasty KibunGold frozen entrées has the lowest averages of cholesterol, sodium and fats. Your heart knows what really counts.

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CALL 1–800–542–8626



For more information on good health, a coupon for your next purchase, delicious recipes and the stores nearest you stocking KibunGold, call 1-800-542-8626 and ask for Consumer Affairs, M-F, 9-4 EST.

Your Heart's Trying To Tell You Something Good.™ KIBUN®

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*Line average information based on actual retail boxes and /or company brochures.



ntinued) prosciutto and lsamic sauce replacing m and hollandaise.

o time: 15 minutes
king time: 5 minutes

cup chopped shallots
tablespoons balsamic vinegar
tablespoons unsalted butter, cut up
English muffins, toasted
bunch arugula
ounces sliced prosciutto ham
large eggs
ok shallots with vinegar in saucepan until vinegar is reduced to 2 teaspoons. Remove from heat and whisk in butter 1 piece at a time. Keep warm. In skillet of simmering water cook eggs 3½ minutes.

Meanwhile, layer arugula and prosciutto on muffin halves. With slotted spoon, place eggs on top. Serve with balsamic sauce. Makes 4 servings.

Nutrition info per serving: 305 calories, 12 gm protein, 21 gm fat, 16 gm carbohydrates, 513 mg sodium, 259 mg cholesterol.

On the run

x-Mex eggs a pita

you need a jolt to en your eyes in the rning, use hot salsa this.

l prep time: 8 minutes

large eggs
tablespoon milk
Salt and freshly ground pepper
teaspoon butter or margarine
pita pocket, toasted
tablespoons shredded Monterey jack cheese
2 teaspoons chopped fresh cilantro
1 tablespoon prepared salsa

Beat eggs and milk with pinch salt and pepper in bowl. Melt butter in skillet; add egg mixture and cook, stirring, to desired doneness. Cut opening at one edge of pita; fill with eggs. Top with cheese, cilantro and salsa. Makes 1 serving.

Nutrition info per serving: 425 calories, 21 gm protein, 19 gm fat, 40 gm carbohydrates, 757 mg sodium, 450 mg cholesterol.

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RY KRISP is the crunchy, delicious cracker that goes with everything you love to munch. Its hearty taste complements everything from fresh fruit and yogurt to seafood and sandwich goodies.

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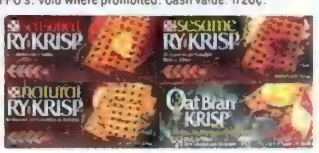
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RK220



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Breakfast is my favorite meal. I eat light during the week —and live for Saturdays!



Willard's country sausage

This recipe comes from "Willard Scott's All-American Cookbook." He makes twenty-four pounds at a time; this version makes two.

Prep time: 15 minutes
Cooking time: 14 minutes per batch

2 pounds ground pork (75% lean)
2 teaspoons salt
2 teaspoons sage
1½ teaspoons ground pepper
½ teaspoon ground red pepper
½ teaspoon brown sugar

Mix all ingredients. Shape into eight 4-inch patties. Heat large skillet over medium heat. Add sausage patties four at a time and cook until browned, 5 minutes per side. Transfer to plate lined with paper towels and keep warm. Discard fat. Repeat with remaining patties. Makes 8.

Nutrition info per serving: 275 calories, 19 gm protein, 22 gm fat, 1 gm carbohydrates, 607 mg sodium, 83 mg cholesterol. ■

Recipes developed by Carol Prager, Kathy Jackette, Lisa Brainerd and Julia Pemberton.

CHOLESTEROL UPDATE

Good news! According to the Egg Nutrition Center, eggs contain less cholesterol than previously believed. A recent nationwide sampling found just 213 mg cholesterol per egg instead of 274 mg, as former estimates showed. Therefore, the American Heart Association has revised the weekly egg-yolk allowance for a heart-healthy diet from three to four. For more information on eggs and cholesterol, send a stamped, self-addressed envelope to: Egg Lover's Heart Healthy Cookbook, Egg Nutrition Center, 2301 M Street, N.W., Suite 405, Washington, DC 20037

The good news Bears.



Introducing Breakfast Bears.™

Good news: Finally, there's a breakfast cereal kids and moms can agree on – New Nabisco Teddy Grahams® Breakfast Bears.™ (Read on, it gets better.)

Good news: It satisfies a kid's sweet tooth with 35% less sugar than the leading kids' cereals. (What they won't miss won't hurt them.)

Good news: It's made with nutritious graham and whole wheat flour and supplies 25% of the recommended daily allowance of 8 essential vitamins and minerals. (We did all that for your peace of mind.)

Good news: It comes in three delicious flavors – honey, cinnamon or chocolate – and stays crunchy in milk. (What good is all the goodness if they won't eat it?)

New Teddy Grahams Breakfast Bears.
The kids' cereal made for moms.

MANUFACTURER COUPON | EXPIRES May 31, 1990

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Photo, Beth Galton. Prop stylist, Linda Cheverton. Food stylist, Deborah Mintcheff.

We must admit we outdid ourselves this time! These simply spectacular desserts are guaranteed to rival all your best-

better-than-sex DESSERTS

loved recipes. Some are a bit exotic, like our Sante Fe Sunset, a luscious lace cookie filled with tequila-spiked fresh fruit and vanilla ice cream, left; others, like Chocolate–Macadamia Nut Terrine and Frozen Tirami Su, are downright sinful. So the next time you want to create a really special meal, serve up a masterpiece they'll never forget

Easy · Challenging · Moderate · Microwave

CHOCOLATE-MACADAMIA NUT TERRINE



This fabulous creation is one of the richest desserts we've ever tasted. A little goes a long way.

Total prep time: 1½ hours ◒

Praline
- ¼ cup sugar
- ¼ cup macadamia nuts, toasted and chopped
- ¼ cup blanched almonds, toasted and chopped

Bittersweet-Chocolate Ganache
- 3 bars (3 oz. each) bittersweet chocolate
- ½ cup heavy or whipping cream, heated
- 1½ tablespoons cognac

Milk-Chocolate Ganache
- 3 bars (3 oz. each) milk chocolate
- ⅓ cup heavy or whipping cream, heated
- 1½ tablespoons coffee-flavored liqueur

Glaze
- ½ bar (1½ oz.) bittersweet chocolate
- 1½ tablespoons unsalted butter, cut up
- 1½ teaspoons cognac
- 1 teaspoon light corn syrup

- 1 tablespoon sifted unsweetened cocoa, for garnish

Crème Anglaise
- 2 egg yolks
- 2 tablespoons sugar
- Pinch salt
- 1 cup half and half cream
- 1½ teaspoons vanilla extract

Praline: Lightly oil cookie sheet. Heat sugar in small, heavy skillet over medium heat, swirling pan but not stirring, until sugar is melted and forms an amber syrup, about 10 minutes. Stir in nuts and spread on prepared cookie sheet. Cool. Break praline into small pieces and process in food processor until nuts are chopped fine. Store in airtight container up to 24 hours.
Bittersweet-Chocolate Ganache: Break chocolate into pieces and process in food processor until chopped fine. With machine on, pour hot cream through feed tube in steady stream. Process until smooth, 10 seconds. Add cognac and process 1 second more. Transfer to bowl and cool at room temperature until firm enough to hold its shape, about 1 hour.
Milk-Chocolate Ganache: In clean processor bowl repeat procedure for bittersweet ganache, but substitute milk chocolate for bittersweet and coffee-flavored liqueur for cognac.

Line 3-cup, 7½x3½-inch loaf pan with plastic wrap. Fill pastry bag fitted with ¼-inch plain tip with bittersweet ganache. Fill second pastry bag fitted with ½-inch plain tip with milk-chocolate ganache. Pipe one third of the bittersweet ganache into lines about ⅛-inch apart lengthwise along bottom of prepared loaf pan. With small spatula, smooth chocolate evenly over bottom of pan. Sprinkle one quarter of the praline over chocolate. Repeat for next layer, using half the milk chocolate ganache, topping with praline. Continue with another layer of bittersweet, then milk chocolate, finishing with bittersweet. (There should be 3 bittersweet and 2 milk-chocolate layers.) Cover and refrigerate overnight or up to 1 week.

Remove terrine from refrigerator. Invert onto wire rack placed on cookie sheet and peel off cover.
Glaze: Heat all ingredients in top of double boiler over hot, not boiling, water until chocolate is melted. Stir until smooth and remove from heat. Cool until slightly thickened, 10 minutes.

Pour glaze over terrine; smooth over top and sides with spatula. Refrigerate until glaze is set, 10 minutes. Sprinkle top and sides with cocoa. Serve with Crème Anglaise. Makes 16 servings.
Crème Anglaise: Whisk yolks, sugar and salt until thick and pale yellow. Heat cream to scalding in heavy saucepan. Slowly pour hot cream into egg mixture in thin stream, whisking constantly. Return mixture to pan and cook, stirring, over low heat until thick enough to coat back of spoon, 5 to 7 minutes. Remove from heat and stir in vanilla. Strain custard into bowl; refrigerate. *(Can be made ahead. Cover and refrigerate up to 24 hours.)*

Nutrition info per serving: 305 calories, 4 gm protein, 23 gm fat, 25 gm carbohydrates, 36 mg sodium, 55 mg cholesterol.

CRÈME BRÛLÉE TARTLETS



Hidden under the satiny custard sauce are raspberries and bananas. You c substitute your favorite fruit.

Prep time: 1½ hours
Cooking time: 25 minutes

Pastry
- 1½ cups all-purpose flour
- 1½ teaspoons sugar
- ½ teaspoon salt
- ½ cup cold unsalted butter, cut up
- 6 to 8 tablespoons ice water

Custard Filling
- 2 cups heavy or whipping cream
- 6 large egg yolks
- ⅓ cup sugar
- Pinch salt
- ½ vanilla bean, split

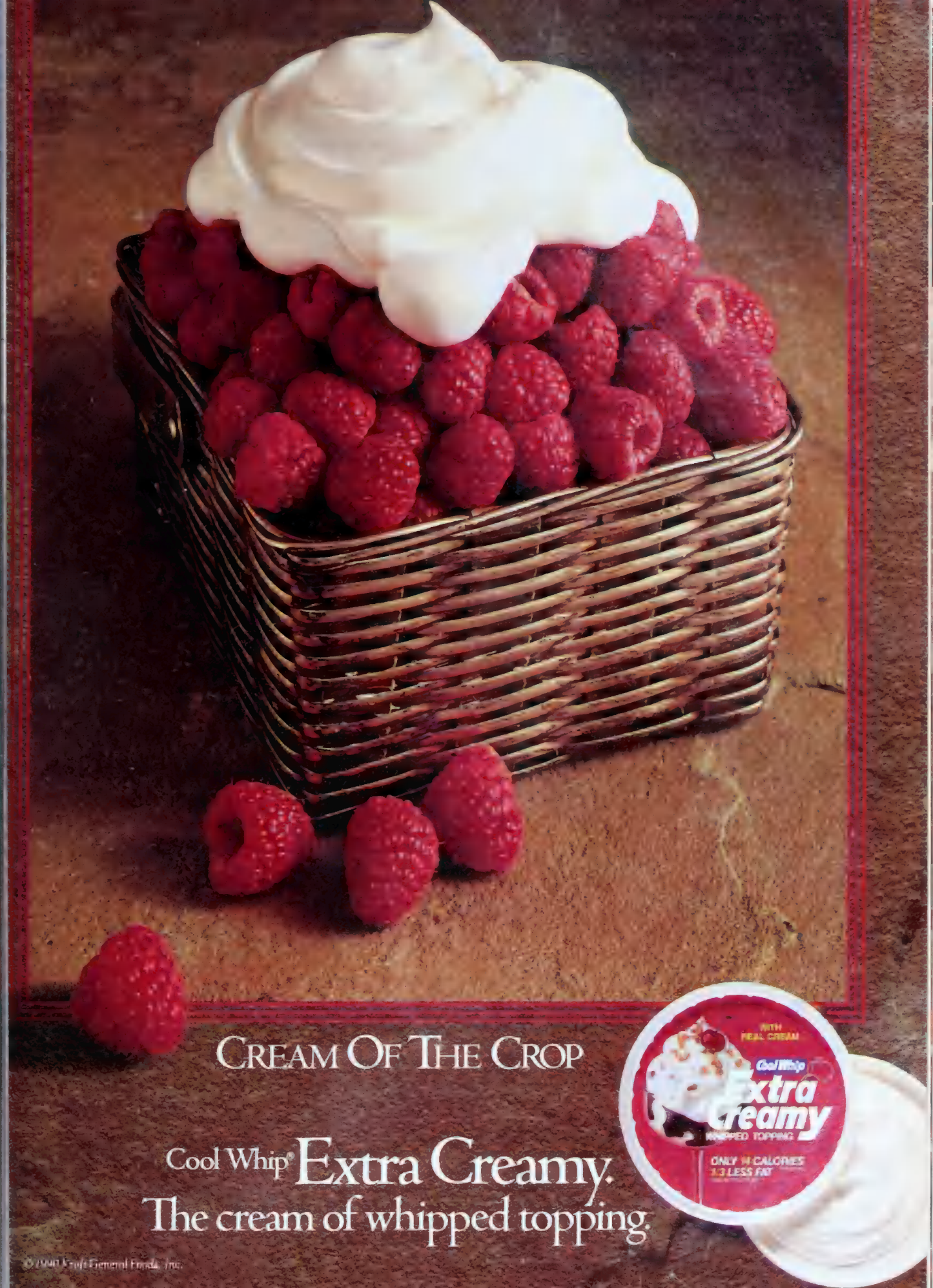
- ½ pint raspberries
- 1 thinly sliced ripe banana
- 12 teaspoons brown sugar

Pastry: Combine flour, sugar and s in bowl. With 2 knives, cut in butt until mixture resembles coar crumbs. Sprinkle on water 1 tab spoon at a time, tossing with fork un pastry is moist enough to hold toget er. Shape pastry into 2 flat circl Wrap and refrigerate 1 hour or ov night.

Roll 1 circle between 2 sheets lightly floured wax paper to ⅛-in thick. Remove top sheet and carefu drape pastry over three 4½-inch ta let pans with removable bottoms. F move second sheet of paper and gent press pastry into pans. Press rolli pin across top of pastry to trim exce Cut ½-inch-wide strips from exce pastry and press along side of pastry reinforce. Prick pastry with fork. R peat process with remaining past circle and 3 more tartlet pans. Free pastry 15 minutes.

Preheat oven to 425°F. Line ea pan with foil and fill with dried bean Bake shells on cookie sheet 10 mi utes. Remove foil and beans; bake to 13 minutes more, until golde brown. Cool on wire rack. Unmold.
Custard Filling: Scald cream in sauc pan. Meanwhile, beat yolks, sugar an salt in mixer bowl until pale and thic and mixture forms a ribbon when bea ers are lifted. With mixer at low spee gradually add scalded cream in thi steady stream until combined. Retu mixture to saucepan and add vanil bean. Cook, stirring constantly, ov low heat until mixture is thick enoug to coat back of spoon, 20 to 25 minute Strain custard through fine sieve in bowl. Scrape seeds from vanilla bea with small knife and add to custar discarding bean. Cool custard to roo temperature.

Arrange raspberries and banan slices in pastry shells. Spoon custar evenly over top of fruit. *(continued*


CREAM OF THE CROP
WITH REAL CREAM
Cool Whip
Extra Creamy
WHIPPED TOPPING
ONLY 10 CALORIES
1/3 LESS FAT
Cool Whip® Extra Creamy.
The cream of whipped topping.

Refrigerate until custard is set, at least 20 minutes or up to 2 hours.

Preheat broiler. Arrange tartlets on cookie sheet. Sift 2 teaspoons brown sugar over each tartlet. Broil tartlets 4 inches from heat until sugar is melted and caramelized, about 1 minute. Refrigerate tartlets 30 minutes or up to 3 hours. Makes 6 servings.

Nutrition info per serving: 690 calories, 8 gm protein, 50 gm fat, 54 gm carbohydrates, 247 mg sodium, 363 mg cholesterol.

FROZEN TIRAMI SU



Tirami su, which means "pick-me-up" in Italian, uses the triple-cream cheese, mascarpone. If you can't find the cheese, use a premium vanilla ice cream with the Marsala wine stirred in.

Prep time: 1 hour plus freezing
Cooking time: 25 to 30 minutes

- 3 large eggs, separated, at room temperature
- ⅔ cup plus 1 tablespoon sugar
- 1 teaspoon vanilla extract
- Pinch salt
- ⅔ cup all-purpose flour
- ¼ cup strong-brewed espresso
- 1 tablespoon brandy

Mascarpone Filling

- ⅔ cup sugar
- 3 tablespoons water
- 5 large egg whites, at room temperature
- 1 container (8¾ oz.) mascarpone cheese
- 2 tablespoons Marsala wine

- 2 pints premium coffee ice cream, softened
- ¼ cup chocolate-coated coffee beans or mocha-flavored coffee-bean candies, chopped fine in food processor, or ¼ cup (2 oz.) grated semisweet chocolate
- 7 ounces semisweet chocolate, cut up, divided

Chocolate Sauce

- 4 ounces semisweet chocolate, cut up
- ¼ cup strong-brewed espresso coffee
- 2 tablespoons heavy or whipping cream
- 1 tablespoon sugar
- 1 tablespoon coffee-flavored liqueur

Preheat oven to 350°F. Grease 8-inch springform pan. Line bottom with wax paper; grease and flour paper and pan.

Beat yolks and ⅓ cup sugar in bowl until light and mixture forms a slowly dissolving ribbon when beaters are lifted. Stir in vanilla. Set aside.

Beat egg whites with salt in mixer bowl to soft peaks. Gradually add 1 tablespoon sugar; beat until stiff but not dry. Fold one quarter of the whites into yolks; fold in remaining whites. Sift and fold flour into batter one third at a time. Pour into prepared pan.

Bake 20 to 25 minutes, until top is golden and springs back when touched. Cool on wire rack 5 minutes. Run spatula around sides to loosen; remove sides of pan. Invert cake onto rack; remove pan bottom; peel off paper. Cool on rack, right side up. When ready to assemble cake, cut in thirds horizontally with serrated knife.

Meanwhile, make soaking syrup: Heat espresso and remaining ⅓ cup sugar in small saucepan over medium heat until sugar is dissolved. Remove from heat and add brandy. Cool.

Mascarpone Filling: Heat sugar and water in saucepan until sugar is dissolved and syrup reaches 240°F. (soft-ball stage) on candy thermometer, 5 minutes. Meanwhile, beat egg whites in large mixer bowl until frothy. Beat in sugar syrup in thin, steady stream at medium speed until thick and glossy and cooled to lukewarm, 3 to 4 minutes. In another large bowl stir mascarpone and Marsala to blend. Stir in one quarter of the whites, then fold in remaining whites.

Place bottom third of cake in same springform pan. Drizzle with one third of the soaking syrup. Stir coffee ice cream until smooth. Place on cake; smooth top. Sprinkle with half the candies. Cover with second cake layer, drizzle with another third of the syrup; cover with mascarpone filling. Sprinkle with remaining candies. Drizzle cut side of top cake layer with remaining syrup; place on top, cut side down. Cover and freeze until firm, up to 2 days.

One hour before serving, melt 4 ounces chocolate in double boiler over hot, not boiling, water. Cut strip of foil 28 inches long; fold in half lengthwise. Spread melted chocolate in a strip from folded edge, 4 to 4½ inches wide and 27 inches long. Run spatula around cake; remove sides of pan. Carefully lift foil and place chocolate strip against cake, folded edge aligned with bottom of cake. Place in freezer 5 minutes, then peel off foil and return cake to freezer.

Melt remaining 3 ounces chocolate over low heat in double boiler. Invert clean cookie sheet; spread chocolate on top into 14x8-inch rectangle. Refrigerate until just firm, 3 to 4 minutes. To make chocolate curls, scrape a long spatula across chocolate at 45° angle. Place curls on top of cake. Serve with chocolate sauce. Makes 16 servings.

Chocolate Sauce: Heat chocolat espresso, cream and sugar in sm saucepan until mixture is smooth. R move from heat and add coffee liqueu

Nutrition info per serving: 380 calories, 6 gm p tein, 21 gm fat, 45 gm carbohydrates, 112 mg so um, 81 mg cholesterol.

SANTA FE SUNSET

pictured on page 218

This is LHJ's version of a dessert cre ed by Mark Miller, chef at Coyote Ca in Santa Fe. The lace cookie tacos a made with hazelnuts.

Prep time: 50 minutes
Baking time: 5 to 8 minutes per batch

- ¼ cup hazelnuts
- 2 tablespoons sugar
- ¼ cup butter
- ¼ cup light corn syrup
- 2 tablespoons flour
- ½ teaspoon vanilla extract
- 1 pint fresh strawberries, sliced
- 1 ripe papaya, peeled and sliced
- 2 tablespoons fresh lime juice
- 2 packages (10 oz. each) frozen strawberries syrup, thawed and pureed
- 3 tablespoons tequila
- 1 pint vanilla ice cream

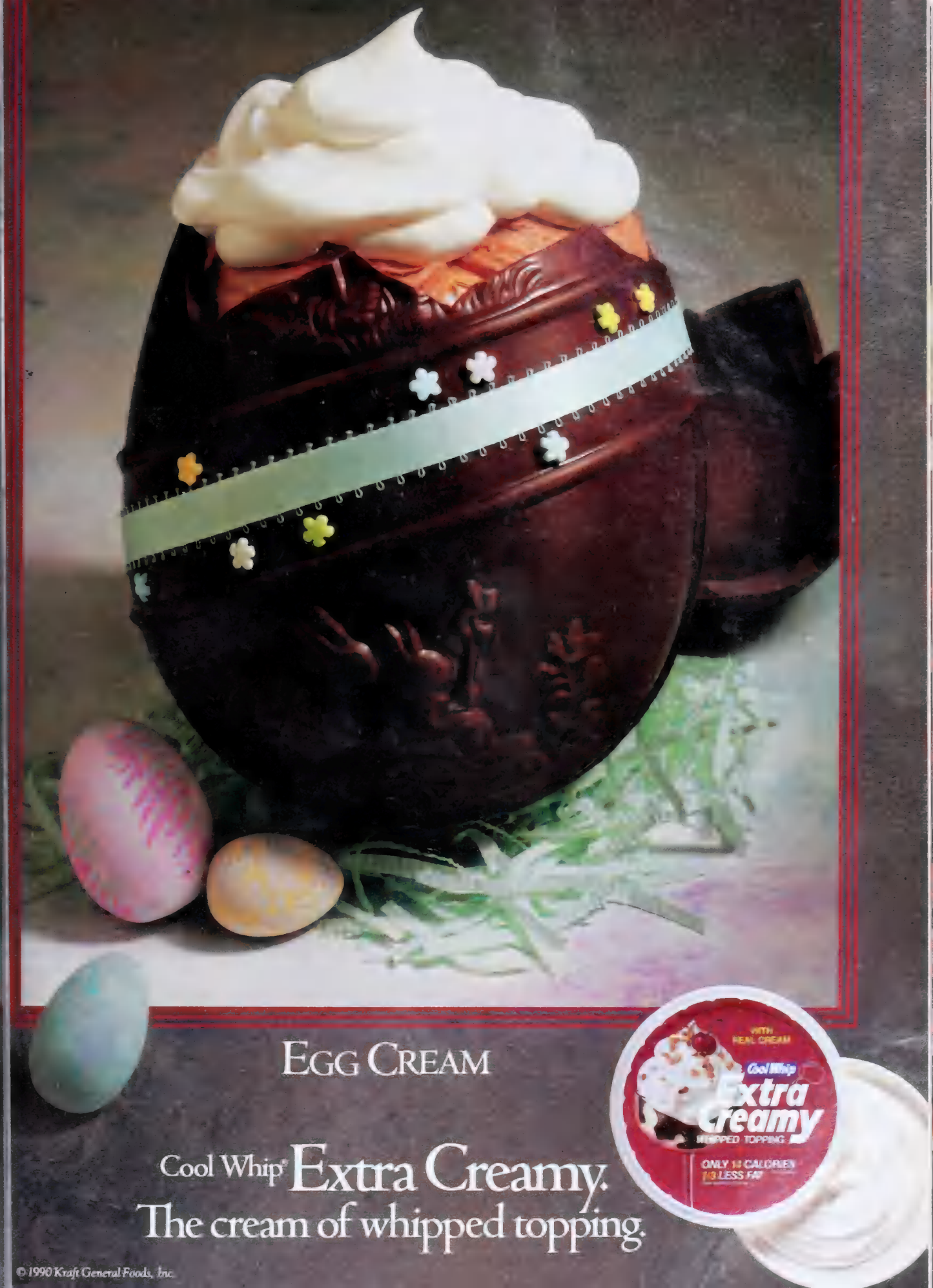
Preheat oven to 375°F. Place hazelnu in baking pan. Toast in oven un browned, 8 to 10 minutes. Place clean kitchen towel and fold over cover; let stand 5 minutes. Rub nuts towel to remove skins. Cool.

Process cooled nuts and sugar blender until ground fine. Bring butt and corn syrup to boil in mediu saucepan over medium-high heat. A ground nuts, flour and vanilla. C eight 8-inch-wide sheets of foil. A range on 2 cookie sheets and spr with vegetable cooking spray. Drop generous tablespoon batter on each f sheet, spreading to 3-inch circle. Bak 1 sheet at a time, 5 to 8 minutes, un cookies are golden brown. Cool 30 se onds. Peel off foil. Fold cookies in h taco-style, and prop open with cru pled foil. Repeat with remaining ba ter. Cool completely. Remove foil. *(C be made ahead. Store in airtight co tainer in dry place up to 2 days.)*

To serve, place each cookie on dinn plate. Combine sliced strawberries a papaya with 1 tablespoon lime jui fill cookies. Combine pureed strawb ries, tequila and remaining 1 tab spoon lime juice. Pour ¼ cup sau around each cookie and place 2 ve small scoops of ice cream atop sau Makes 8 servings.

Nutrition info per serving: 300 calories, 3 gm p tein, 12 gm fat, 46 gm carbohydrates, 98 mg sodi 30 mg cholesterol.

Recipes by Carol Prager, Kathy Jacket Lisa Brainerd and Julia Pemberton.



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COOKING IN THE FAST LANE

What's the best dinner for a busy night? One with few ingredients and even less fuss. So check out our five-item suppers—they're easy, speedy and simply delicious!

ANTIPASTO PLATTER: ITALIAN TUNA, OLIVES, AND MARINATED MUSHROOMS AND ARTICHOKES ■ *ZITI WITH HERBED CHEESE ■ LEMON CAKE

Ziti with herbed cheese

If you're really in a hurry, substitute a seven-ounce jar of roasted peppers for fresh ones.

Prep time: 20 minutes **Cooking time: 10 minutes** ○

2 red peppers, seeded and quartered
1 pound ziti
1 head broccoli, cut into florets (about 3 cups)
¾ cup half and half cream
10 ounces spiced cheese with garlic and herbs
Freshly ground pepper

Preheat broiler and broiler pan. Place peppers skin side up in pan; broil until skin is blackened. Place in bowl, cover and let stand 10 minutes. Peel and slice peppers.

Bring 2 saucepots water to boil. Cook ziti in one saucepot according to package directions, reserving ⅓ cup of the water. Cook broccoli 3 minutes in other pot; drain.

Meanwhile, heat cream and cheese in small saucepan over medium-high heat, stirring until smooth and hot; add reserved water from pasta. Place ziti, peppers, broccoli and sauce in bowl and toss to coat. Season with freshly ground pepper. Makes 4 servings.

Nutrition info per serving: 730 calories, 33 gm protein, 24 gm fat, 95 gm carbohydrates, 642 mg sodium, 68 mg cholesterol.

■ ***RECIPE GIVEN**

Photos, Rita Maas; food stylist, Anne Disrude; prop stylist, Linda Cheverton.


DOLE BRINGS
IINA SUN PORK
TO LIFE.
DOLE CHINA SUN PORK
1 can (20 oz.) DOLE® Pineapple Chunks
3 Tbsp. soy sauce
1 Tbsp. cornstarch
1 tsp. white vinegar
¼ tsp. hot red pepper flakes
1 lb. boneless pork loin
2 Tbsp. vegetable oil
2 large cloves garlic, pressed
2 Tbsp. minced ginger root (or 1 tsp. ground ginger)
1 onion, cut in wedges
2 medium carrots, slivered
1 green or red bell pepper, slivered
2 cups snow peas
Drain pineapple, reserve 3 Tbsp. juice. Mix reserved juice with ½ cup water, soy sauce, cornstarch, vinegar and pepper flakes; set aside. Cut pork in strips. In skillet, brown pork in hot oil. Add garlic and ginger; cook 1 minute. Add onion and carrots; cook 1 minute. Stir sauce; add to skillet with pineapple, bell pepper and snow peas. Cook until sauce boils and thickens. Serves 4.
For more recipes, send stamped self-addressed envelope to Recipes, Dept. CFQE, P.O. Box 7758, San Francisco, CA 94120-7758.
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*CHICKEN-ASPARAGUS BUNDLES
■ QUICK-COOKING BROWN RICE
■ SAUTÉED CHERRY TOMATOES
■ FROZEN ICE-CREAM BONBONS

Chicken-asparagus bundles

Look for pencil-thin asparagus for this luscious (and low-calorie) springtime entrée.

Prep time: 5 minutes **Cooking time: 8 minutes** ○Ⓜ

¾ pound thin asparagus, trimmed to 5 inches
4 boneless, skinless chicken breast halves (1 lb.)
Salt and freshly ground pepper
2 teaspoons extra-virgin olive oil, divided
4 slices prosciutto ham (about 2 oz.)
¼ cup fresh basil leaves

Place asparagus in 12x7½x2-inch microwave-proof dish. Cover with plastic wrap; vent. Microwave on High 1½ to 2 minutes, until just tender. Transfer to plate and keep warm.

Place chicken in same dish, season, then drizzle with 1 teaspoon olive oil. Cover with plastic wrap; vent. Microwave on High 3 to 4 minutes, rearranging chicken halfway through.

Cover each prosciutto slice with basil leaves, right side down. Place equal number asparagus spears, with tips exposed, at one end of each slice. Starting from end, roll asparagus in prosciutto. Place bundles seam side down atop chicken breasts. Drizzle with remaining olive oil. Cover with plastic wrap; vent. Microwave on High 1 minute. Let stand 2 minutes. Baste chicken with juices. Makes 4 servings.

Nutrition info per serving: 195 calories, 31 gm protein, 5 gm fat, 5 gm carbohydrates, 360 mg sodium, 74 mg cholesterol.

*ITALIAN SAUSAGES ON POLENTA
■ ENDIVE AND FRESH PEAR SALAD WITH BLUE CHEESE DRESSING
■ LIME 'N' CREAM SORBET

Italian sausages on polenta

Any dark leafy greens such as escarole, broccoli rabe or collard greens can replace the kale.

Prep time: 5 minutes **Cooking time: 20 minutes** ○Ⓜ

Microwave Polenta
1 cup yellow cornmeal
¾ teaspoon salt
¼ teaspoon freshly ground pepper
½ cup freshly grated Parmesan cheese

1 pound kale, cut into 2-inch pieces
1 pound sweet or hot Italian sausage
2 teaspoons minced garlic

Polenta: Whisk 3½ cups water and the cornmeal, salt and pepper in 3-quart microwave-proof bowl until smooth. Cover with plastic wrap; vent. Microwave on High 14 minutes, whisking halfway through. Whisk in Parmesan.

Meanwhile, bring large pot of water to boil. Cook kale until softened, about 3 minutes; drain. Heat large skillet over medium-high heat. Prick sausages several times and add to skillet with ⅓ cup water. Cook covered until water is evaporated and sausages are browned on all sides, 10 minutes. Transfer to plate; keep warm. Add garlic to skillet; cook, stirring, 30 seconds. Add kale, season and heat through. Place polenta on platter and top with greens and sausages. Makes 4 servings.

Nutrition info per serving: 633 calories, 28 gm protein, 40 gm fat, 40 gm carbohydrates, 1,518 mg sodium, 96 mg cholesterol. ▶



Quick Cookin' POTATOES

TASTY RECIPES FOR FAMILY MEALS IN A SNAP

Easy New Recipes Inside



America's Favorite: Sensational Spuds

Pull Out and Keep These Delicious Convenient Potato Recipes

A Special Advertising Section brought to you by: **The Potato Board, Cheez Whiz®, Del Monte®, HORMEL 100% Real Bacon Bits & Pieces, MIRACLE WHIP® Salad Dressing, SPREADERY™ Cheese Snack MOLLY McBUTTER® Natural Butter Flavor Sprinkles**

Fast-Track Potatoes

Americans have made an amazing discovery! Potatoes, our favorite vegetable, are not only delicious and nutritious, they are also quick-cooking and convenient. The news is out—for breakfast, lunch, dinner and snacks, versatile potatoes take just minutes to prepare!

How can potatoes save you time on meal preparation when you are on the run? It's easy. For starters, stash that peeler! Leaving the potato skins on saves time and nutrients too, since many vitamins and minerals are stored close to the skin. Just scrub the skins with a vegetable brush and cook the potatoes any way you like. Cutting potatoes into cubes, slicing or chopping helps to further shorten cooking time.

Meals in Minutes

Cooking potatoes in the microwave oven is another great timesaver. Pierce a large potato with a fork and place it on a paper towel or microwave-safe rack. Bake the potato 4 to 7 minutes in a microwave, turning once. Serve the potato with an easy topping—there are several in this booklet—and you can have a hot, home-cooked meal on the table in minutes.

A Potato in Every Pot

But microwaves are not just for baking. Try boiling or steaming cut up potatoes in the microwave for salads and other recipes.

The fastest potatoes of all are convenient ones that are ready to eat or ready to cook. Add crunch to sandwiches, salads, and casseroles with crispy potato chips or serve sizzling hot fries made from frozen potatoes as an appetizer with your favorite dip. These potatoes are the perfect choice to satisfy hungry snackers or dress up mealtimes whenever you are in a hurry and want something good to eat—fast.



Good-For-You Potatoes

With potatoes on the menu, quick meals can be healthy meals too.

Busy people need nutrient-dense foods to help them keep up the pace and potatoes are just the high-energy food you need. They are high in potassium and can supply 50% of the Recommended Daily Allowance of Vitamin C. What is more, a medium size potato has only 110 calories. No wonder Americans eat more than 124 pounds of potatoes per person each year! That averages out to at least one potato a day for every man, woman, and child in the United States.

Follow the Dots...

To find out more about quick-cooking potatoes, tear out this handy booklet and turn the pages. Follow the dots...to some of the speediest spud recipes ever.

Quickest —indicates a recipe that can be prepared in 10 to 25 minutes.

Quicker—indicates a recipe that can be prepared in 26 to 35 minutes.

Quick— indicates a recipe that can be prepared in 36 or more minutes.

Warm Potato and Bacon Bits Toss (cover recipe)

1 pound small red potatoes
1 pound long white potatoes
⅓ cup MIRACLE WHIP Salad Dressing
⅓ cup vegetable oil
2 tablespoons white wine vinegar
½ cup finely chopped red onion
2 carrots, julienned
1 pint cherry tomatoes, quartered
1 can (3½ oz.) pitted ripe olives, sliced
½ cup Hormel 100% Real Homestyle Bacon Pieces or Bacon Bits

• Boil potatoes in salted water until tender, about 20 minutes. • Whisk Miracle Whip, oil, and vinegar until smooth. Stir in onion. • Slice and add potatoes and remaining ingredients. Stir gently. • Serves 8. Prep time: 15 mins. Cooking time: 20 mins.

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DESIGN 2 AND 3 D
COVER PHOTO SUSAN ROBINS
EDITOR MICHELE SCICOLONE



Potatoes with Pizzazz

Elegant Stuffed Potatoes

2 large potatoes
¼ cup green onion slices
4 cooked bacon slices, crumbled
1 8-oz. jar CHEEZ WHIZ Pasteurized Process Cheese Spread

• Microwave potatoes as indicated in Note. • Cut potatoes in half lengthwise; scoop out pulp, leaving ¼" shell, reserve pulp. • Mix reserved pulp, onions, bacon, and ¼ cup CHEEZ WHIZ. • Spoon mixture into shells; place in baking dish. Microwave on HIGH 3 to 5 mins. or until thoroughly heated. • Microwave remaining CHEEZ WHIZ according to label directions; pour over potatoes just before serving. • Serves 4. Prep time: 15 mins. Cooking time: 25 mins.

Southwest Chicken Potatoes

4 large potatoes
1 cup chopped cooked chicken
¼ cup green onion slices
2 tablespoons pitted ripe olive slices
1 8-oz. jar CHEEZ WHIZ Mexican Pasteurized Process Cheese Spread
¼ cup chopped tomatoes

• Microwave potatoes as indicated in Note. • Split potatoes by making a crisscross on top of each; press lightly to open. • Toss chicken, green onions, and olives together. Spoon ¼ cup chicken mixture on each potato. • Microwave CHEEZ WHIZ according to label directions and spoon over potato topping. Sprinkle chopped tomato over all. • Serves 4. Prep time: 15 mins. Cooking time: 12-15 mins.

Golden Potato Ratatouille

2 cups cubed potatoes
1 cup zucchini slices
1 green pepper, cut into strips
1 small onion, sliced
1 tomato, coarsely chopped
¼ teaspoon cumin
1 8-oz. jar CHEEZ WHIZ Mexican Pasteurized Process Cheese Spread

• Place potatoes and 2 tablespoons water in 1½-quart casserole or bowl; cover. Microwave on HIGH 4 mins. • Add zucchini, pepper, and onion; mix lightly. Microwave on HIGH, covered, 4 to 6 mins. or until tender, stirring every 2 mins.; drain. • Add tomato and cumin; mix lightly. • Microwave CHEEZ WHIZ according to label directions; pour over vegetables just before serving. • Serves 6. Prep time: 15 mins. Cooking time: 15 mins.

Easy Potatoes Au Gratin

1 8-oz. jar CHEEZ WHIZ Pasteurized Process Cheese Spread
3½ cups potato slices

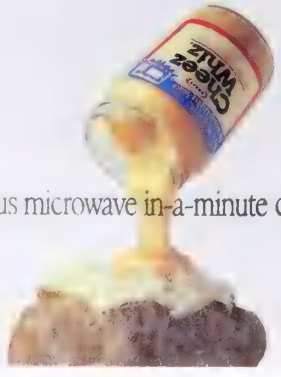
• Microwave CHEEZ WHIZ according to label directions. Place potatoes in 1½-qt. casserole. Pour on hot CHEEZ WHIZ. Cover with plastic wrap vented at one edge. Microwave on HIGH 5 mins. Microwave on MEDIUM (50%) 15 mins. or until potatoes are tender, turning once. • Serves 6. Prep time: 5 mins. Cooking time: 20 mins.

NOTE: To microwave-bake potatoes: Pierce potatoes with a fork; place on rack or paper towel. Microwave on HIGH 4 mins. per potato or until tender, turning once. Let stand 5 mins. Warning: Always use microwaveproof cookware.

By the time you finish counting these jars, the tingly tang of cheddary Cheez Whiz...



...will be ready to pour.



The marvelous microwave in-a-minute cheese sauce.

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Potatoes on the Light Side

Better Than Pizza Potatoes

4 medium potatoes
4 teaspoons MOLLY McBUTTER® All Natural Butter Flavor Sprinkles
¼ teaspoon oregano
¼ cup cooked sliced mushrooms
4 teaspoons chopped ripe olives
½ cup tomato sauce
4 tablespoons shredded low-fat mozzarella cheese

• Microwave potatoes as indicated in Note. • Split potatoes and scoop out pulp, leaving shell. Combine pulp with remaining ingredients. Spoon into potato shells. Microwave on HIGH 4 mins. or until heated. • Serves 4, 158 calories each. Prep time: 10 mins. Cooking time: 22 mins.

Slim and Savory Spinach-Potato Soup

4 cups chicken broth
3 med. leeks (white part only), sliced, or 3 med. onions, chopped
6 ounces spinach, trimmed and chopped
3 cups potatoes, cubed
2 tablespoons MOLLY McBUTTER® All Natural Sour Cream and Butter Flavor Sprinkles
Freshly ground black pepper

• Bring broth, leeks, and spinach to a simmer. Cover and cook 5 mins. Add potatoes and cook, covered, 20 mins. or until potatoes are tender. • Purée half the mixture; return to saucepan. Stir in Molly McButter and pepper. Serve hot or cold. • Serves 6, about 146 calories each. Prep time: 15 mins. Cooking time: 30 mins.

Calorie-Cropped Carrot-Potato Bake

4 medium potatoes
4 teaspoons MOLLY McBUTTER® All Natural Butter Flavor Sprinkles
¼ cup shredded carrot
¼ cup sliced water chestnuts
¼ cup Neufchatel or light cream cheese, softened
Chopped chives

• Microwave potatoes as indicated in Note. • Split potatoes and scoop out pulp, leaving shell. Combine pulp and all ingredients except chives. Spoon mixture into potato shells. Microwave on HIGH 4 to 6 mins. or until heated through. Sprinkle with chives. • Serves 4, 162 calories each. Prep time: 10 mins. Cooking time: 22 mins.

Cheese Nugget Potato Rounds

4 med. red potatoes, in ¾" slices
3 ounces Neufchatel or light cream cheese, softened
⅓ cup sliced green onions
4 tablespoons MOLLY McBUTTER® All Natural Cheese Flavor Sprinkles

• Cook potatoes in boiling water 10 mins. or until tender; drain. With a spoon, scoop out a small portion of each potato slice, leaving ½" shell. • Mix potato pulp with remaining ingredients until smooth. Fill potato slices with mixture. Place on greased baking sheet. Bake at 400° F 10 to 12 mins. or until lightly browned. • Serves 8, 74 calories each. Prep time: 20 mins. Cooking time: 22 mins.

See Carrot-Potato Bake recipe.



Molly makes taters greater with only 4 calories.



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One Potato, Two Potato

Florentine Potatoes

½ cup chopped onion
½ cup chopped green pepper
1 tablespoon butter or margarine
1 can (16 oz.) DEL MONTE® Whole New Potatoes, drained and sliced
1 can (14½ oz.) DEL MONTE® Original Style Stewed Tomatoes
1 can (15 oz.) DEL MONTE® Spinach, drained
¼ cup grated Parmesan cheese

• Sauté onion and pepper in butter until soft. Add potatoes; sauté 2 mins. Add tomatoes; cook over high heat until slightly thickened. Add spinach; heat through. Sprinkle with cheese. • Serves 6. Prep time: 5 mins. Cooking time: 20 mins.

Chili-Stuffed Potatoes

4 medium potatoes
½ pound ground beef
1 can (17 oz.) DEL MONTE® Whole Kernel Golden Sweet Corn, drained
1 can (14½ oz.) DEL MONTE® Original Style Stewed Tomatoes
½ cup DEL MONTE® Tomato Ketchup
½ cup chopped green pepper
1 tablespoon chili powder
Optional garnishes: sour cream, grated cheese, and green onion

• Microwave potatoes as indicated in Note. • In a large skillet brown meat; drain. Stir in corn, tomatoes, ketchup, pepper, and chili. Cover and simmer 10 mins. • Split potatoes; spoon 1 cup meat mixture over each potato. Garnish if desired. • Serves 4. Prep time: 9 mins. Cooking time: 16 mins.



The Privileged Potato

Bacon-Stuffed Potatoes

4 medium potatoes
1 cup sour cream
½ cup Hormel 100% Real Homestyle™ Bacon Pieces or Hormel 100% Real Bacon Bits
Salt and pepper to taste
2 tablespoons grated Cheddar cheese
Paprika

• Microwave potatoes as indicated in Note. • Slice away skin from top of each potato; carefully scoop out pulp, leaving shells intact. Mash pulp. Add sour cream, Bacon Pieces, and salt and pepper to pulp; stir well. • Stuff shells with pulp mixture; sprinkle with cheese and paprika. Microwave at HIGH 2 to 3 mins. or until cheese is melted. • Serves 4. Prep time: 5 mins. Cooking time: 26 mins.

Bacon-Potato Soup

4 cups diced potatoes
1 onion, chopped
1 cup chopped celery
1 carrot, sliced
1 jar (2 oz.) Hormel 100% Real Homestyle™ Bacon Pieces
4 tablespoons butter or margarine
1 cup chicken broth
2 cups milk

• In 3-qt. casserole, combine first 7 ingredients. Cover loosely with plastic wrap. Microwave at HIGH 13 to 15 mins. or until potatoes are tender; stirring once. • Stir in milk, salt, and pepper. Recover. Cook at HIGH 8 mins. or until heated through. • Serves 10. Prep time: 10 mins. Cooking time: 23 mins.



Accept no imitations.

Introducing new Hormel Homestyle™ Bacon Pieces. Big, lean pieces of 100% real bacon that taste great in salads, casseroles, dips and eggs.

Why settle for an imitation bacon when you can have the real thing?

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The Power Potato

Garlic & Herb Potato Snack

1 box (12 oz.) frozen French fried potatoes
2 tablespoons grated Parmesan cheese
2 cloves garlic, minced
¼ teaspoon Italian herbs
Dash ground red pepper
1 container (10½ oz.) SPREADERY Cheese Snack Neufchatel Cheese with Garlic & Herbs

• Arrange potatoes on a baking sheet in one layer. Bake in a 450°F oven 5 mins. • Combine next 4 ingredients. Sprinkle over potatoes and toss. Bake 5 mins. or until crisp. • Serve warm with Cheese Snack as dip. • Serves 4. Prep time: 5 mins. Cooking time: 12 mins.

Twice-Baked Potatoes

4 medium potatoes
1 container (10½ oz.) SPREADERY Cheese Snack Medium Cheddar Cold Pack Cheese Product
1 tablespoon chopped chives
½ teaspoon pepper

• Microwave potatoes as indicated in Note. • Cut slice from top of each potato. Scoop out pulp, leaving shell. Beat pulp and next 3 ingredients until blended. • Spoon mixture into shells. • Microwave on HIGH for 5 mins. or until hot, rotating after 3 mins. • Serves 4. Prep time: 15 mins. Cooking time: 22 mins.

Broccoli-Chicken Potato Topper

4 medium potatoes
1 container (10½ oz.) SPREADERY Cheese Snack Neufchatel Cheese with French Onion
1 package (10 oz.) chopped broccoli, thawed and drained
1½ cups chopped cooked chicken
1 jar (2 oz.) sliced pimento, drained
1 teaspoon dried, crushed basil
Grated Parmesan cheese

• Microwave potatoes as indicated in Note. • Blend next 5 ingredients. in bowl. Microwave on HIGH 5 mins. or until Cheese Snack is melted and mixture is hot, stirring twice. • Spoon over baked potatoes. Sprinkle with Parmesan. • Serves 4. Prep time: 12 mins. Cooking time: 26 mins.

Ham & Potato Cheddar Chowder

1 large onion, chopped
½ cup chopped red or green pepper
½ pound ham, diced
2 tablespoons margarine
4 medium potatoes, peeled, diced
1 can (13¾ oz.) chicken broth
1 cup milk
1 container (10½ oz.) SPREADERY Cheese Snack Medium Cheddar Cold Pack Cheese Product
½ teaspoon ground white pepper
Parsley

• Sauté first 3 ingredients in margarine in saucepan. Add potatoes and broth. Bring to a boil; reduce heat. Cover; simmer 15 mins. or until potatoes are tender. • Stir in milk, Cheese Snack, and pepper. Cook over low heat until Cheese Snack is melted and chowder is hot, stirring occasionally. Sprinkle with parsley. • Serves 6. Prep time: 20 mins. Cooking time: 35 mins.

It now comes in seven flavors.



Your baked potatoes will never taste the same topped with new Spreadery Cheese Snack from Kraft. In Cheddar, Mild Mexican, Garden Vegetable, Herb & Garlic, Classic Ranch, French Onion and Port Wine.



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The good news is spreading.

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Dressed Up Potatoes

Baked Potato Spears

(See photo below)

3 large potatoes
¼ cup MIRACLE WHIP Salad Dressing
Onion salt
Pepper
Parma Dip (Recipe follows)

• Cut potatoes lengthwise into wedges. Brush with Salad Dressing. Season with onion salt and pepper. • Place on greased 15" x 10" x 1" jelly-roll pan. Bake in preheated 375°F oven for 50 mins. or until tender and golden brown.

Serve with Parma Dip:

1 cup MIRACLE WHIP Salad Dressing
¼ cup grated Parmesan cheese
¼ cup milk
1 tablespoon chopped chives

• Combine ingredients; mix well. Makes 1¼ cups or 4 servings. • Prep time: 10 mins. Cooking time: 50 mins. RECIPE TIP: For additional flavor, prepare dip a few hours ahead of time and chill.

Great American Microwave Potato Salad

4 cups peeled, cubed potatoes
⅓ cup water
1 cup MIRACLE WHIP Salad Dressing
½ cup EACH chopped onion, celery, sweet pickle, red or green pepper
1 teaspoon prepared mustard
½ teaspoon celery seed
½ teaspoon salt

• Combine potatoes and water in 2-quart glass casserole; cover. Microwave on HIGH 8 to 12 mins. or until tender, stirring after 6 mins. Drain. Stir in remaining ingredients; mix lightly. Chill. • Serves 6. Prep time: 20 mins. plus chilling. Cooking time: 12 mins.

Skillet Beef Stew

½ cup MIRACLE WHIP Light Reduced Calorie Salad Dressing with no cholesterol
¾ pound sirloin or round steak, cubed
2 cups (¾ pound) peeled cubed potatoes
4 carrots, sliced into ½-inch pieces
1 small onion, quartered
1 cup water
1.2-ounce pkg. dry onion soup mix
1 teaspoon basil leaves

• In 10" skillet, stir together Salad Dressing, beef, and vegetables. Cook and stir over medium heat 5 mins. • Stir in remaining ingredients. Bring to a boil. Cover. • Reduce heat; simmer 25 to 30 mins. or until vegetables are tender. • Serves 4 to 6. Prep time: 20 mins. Cooking time: 33 mins.





*PORK CHOPS WITH FRESH SAGE ■ STEAMED GREEN BEANS ■ CRUSTY FRENCH BREAD ■ VANILLA ICE CREAM WITH FRANGELICO

Pork chops with fresh sage

Fresh herbs are available in the produce section—if you can't find sage, thyme or oregano will do fine.

Prep time: 15 minutes **Cooking time: 5 minutes** ○

4 pork chops (6 oz. each)
Salt and freshly ground pepper
4 sprigs sage
1½ pounds small new potatoes, sliced ¼-inch thick
⅔ cup plus 1 tablespoon sliced shallots
½ cup dry vermouth

Pat pork chops dry with paper towel. Season with salt and pepper. Press 1 sage sprig onto each chop. Heat large heavy skillet over medium-high heat. Add pork chops, sage side up, and cook until browned, about 5 minutes. Carefully turn chops and cook 5 minutes more.

Meanwhile, arrange potatoes in single layer on microwaveproof plate. Sprinkle with 1 tablespoon water and season with salt and pepper. Cover with plastic wrap, turning back one section to vent. Microwave on High 4 minutes; rearrange potatoes and microwave on High 4 minutes more or until tender.

Transfer chops to platter and keep warm. Add shallots to skillet and cook, stirring, 1 minute. Add vermouth and ¼ cup water; cook, scraping up browned bits from bottom, until shallots are softened and juices are slightly reduced. Serve over potatoes. Makes 4 servings.

Nutrition info per serving: 555 calories, 30 gm protein, 31 gm fat, 39 gm carbohydrates, 97 mg sodium, 98 mg cholesterol.

*MEDITERRANEAN SHRIMP ■ ORZO ■ SALAD-BAR SALAD ■ CRUSTY BREAD ■ BAKLAVA OR COOKIES

Mediterranean shrimp

If you dread cleaning shrimp, it's okay to use the ready-cleaned frozen ones.

Prep time: 10 minutes ○
Cooking time: 10 to 12 minutes

1 can (14 oz.) Italian plum tomatoes
½ cup chopped green onions (reserve 1 tablespoon for garnish)
2 teaspoons fresh chopped oregano
½ teaspoon salt
¼ teaspoon freshly ground pepper
1 pound large shrimp, peeled and deveined
4 ounces feta cheese, diced

Heat large skillet over medium-high heat. Add tomatoes, breaking up with back of spoon, and onions, oregano, salt and pepper. Cook until slightly thickened, about 5 minutes. Stir in shrimp and cook until opaque, about 5 to 7 minutes. Toss with feta cheese and garnish with remaining green onions. Makes 4 servings.

Nutrition info per serving: 195 calories, 24 gm protein, ▮ gm fat, 7 gm carbohydrates, 888 mg sodium, 165 mg cholesterol. ■

Recipes developed by Kathy Jackette.



Introducing Hormel Potato Topping.



Pour a can of Hormel Chili No Beans over a baked potato for a whole new taste. It'll turn your next potato into a great meal.

Hormel

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recipe index

Here is a listing of recipes appearing in this issue, including those from Journal kitchen and advertisements. Advertisers' recipes appear in bo Recipes marked with an asterisk include microwave instructions.

DESSERTS

Berries with Orange Whipped Cream p. 196
Chocolate-Macadamia Nut Terrine p. 220
Crème Brûlée Tartlets p. 220
Frozen Tirami Su p. 222
Passionfruit Cheesecake with Tropical Fruit and Cactus Pear Coulis p. 198
Santa Fe Sunset p. 222

ENTREES

Apple-Cheese Melt p. 211
Avocado-Bacon Toast p. 208
Cajun Chicken Sandwich p. 55
Campbell's Classic Tuna Noodle Casserole p. 8
*Chicken-Asparagus Bundles p. 226
Chicken in Tomato-Basil Cream p. 192
Dutch Baby p. 211
Eggs Benedetto p. 213
Grilled Pepper Shrimp and Swordfish p. 192
Grilled Salmon with Yellow Pepper Sauce p. 55
*Hot Cereals p. 202
*Italian Sausages on Polenta p. 226
Mediterranean Breakfast Gratin p. 208
Mediterranean Shrimp p. 227
*Pork Chops with Fresh Sage p. 227
Ricotta Pancakes p. 211
Roast Lamb with Mint Pesto p. 196
Tex-Mex Eggs in a Pita p. 215
Waffle-Egg Sandwich p. 212
Willard's Country Sausage p. 216
Ziti with Herbed Cheese p. 224

MISCELLANEOUS

Almond-Pecan Crescents p. 207
Bagel Toppers p. 201
Breakfast Health Cookies p. 208
***Broccoli Cheese Potato Topper p. 179**
Butter Spreads p. 202
Cappuccino Shake p. 204
***Chili Beef Potato Topper p. 179**
***Creamy Broccoli au Gratin Soup p. 233**
Fruit Yogurt Smoothies p. 207
Morning Glory Muffins p. 207
***Nacho Potato Topper p. 179**
*Salmon Rillettes p. 196
Swirl Loaf p. 207
Wild Rice Soup p. 50
***Zesty Potato Topper p. 179**

SIDE DISHES

Orzo Primavera p. 192
Quinoa Pilaf p. 198
Spinach Salad with Balsamic Vinegar Dressing p. 55
Spinach Salad with Grilled Shiitakes p. 192
Spinach Timbales p. 198
*Spring Vegetable Sauté p. 198

INSIDE THE JOURNAL KITCHEN

You asked for it

Dear LHJ:
On a recent trip to Weston, Vermont, we had delicious chocolate chip-pecan yogurt cookies. Unfortunately, the recipe was not available. My curiosity--and appetite--for a yogurt cookie has been whetted. Can you help?
Alice Hodgson
Lucan, Ontario

Cultured cookies

Our favorite version of the yogurt cookie is full of chopped pecans and chocolate chips. Preheat oven to 375°F. Grease 2 cookie sheets. Combine 1¾ cups sifted flour, ¾ teaspoon baking soda and ½ teaspoon salt in medium bowl. Beat ½ cup butter, softened, 1 cup firmly packed brown sugar and 1 teaspoon vanilla extract in mixer bowl until light and fluffy. Add 1 large egg and ½ cup plain yogurt; mix well. Gradually stir flour mixture into butter-egg mixture until well combined. Fold in ½ cup *each* chopped pecans and semisweet chocolate chips. Drop batter by rounded teaspoonfuls 2 inches apart onto prepared cookie sheets. Bake 8 to 10 minutes, until golden. Cool on wire rack. Makes 2½ dozen.

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Mix up a can of Hormel Chili No Beans and a 8 ounce package of cheese for a great tasting di

Hormel

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BARBARA BUSH

continued from page 159

· which her children nicknamed her, she knows when to
n and when to hide, when to blend in and when to dazzle.

he private woman

th her canniness and candor are on display the morning
er the Victory Awards reception, when she meets with
dies' Home Journal for an interview in the family's
posing West Sitting Hall. Wearing a flattering forest-
een dress and curled up on a flowered sofa, her legs
cked under her like a schoolgirl, she says amiably, "I
nk people know *way* too much about me. That's all
ht; I think it's normal. I'm very uncomplex. I'm not
ways honest, but I try always to be honest."

From the beginning, she stakes out her boundaries with
o-nonsense resolve. Go beyond the lines of demarcation,
d you get nowhere fast. Has she read Nancy Reagan's
rbic memoir, *My Turn*? "No," she shoots back, before
question is completely out. Will she? "Maybe."

Other than polite expressions of admiration, Mrs. Bush's
y public commentary on Mrs. Reagan has been by indi-
tion and subtle differentiation: when she stipulates that
's more interested in people than in perfection; when
savvy press secretary, Anna Perez, emphasizes that
s. Bush *never*, but *never*, borrows designer gowns.

Still, the First Lady is clearly annoyed by the constant
culation about a chilly relationship with her predeces-
. "You know," she says, a tad testily, "contrary to popu-
belief, Nancy Reagan had me here *many*, many times;
hundred sixty-eight or something. I'm gonna write a
yths That Aren't True' book."

Her recurrent theme with interviewers these days is best
nmed up as "I'm having the time of my life, and I'm the
kiest woman in the world." As themes go, it's convinc-
; her enjoyment of her role as First Lady is so genuine
t it virtually radiates, as it did at the tea. "I consider
South Lawn my front yard, and I consider this my
ne," she says. "I *love* the fact that I don't think I've ever
n closer to George. He calls much more on the phone
n he used to. He'll call and say, 'Look out the window,
re's a friend of yours.' And I can look right out here,"
says, gesturing toward the Oval Office, "and see who is
is office, and we'll wave hankies back and forth. I never
l that opportunity before, and I love that."

t took several months, she insists, before it finally sank
hat the man who calls her so casually during the day is
of the most important in the world. "I woke up at Camp
vid one day," she recalls, "and I heard him talking into
telephone to world leaders at seven in the morning.
y were talking about some crisis, and I just thought,
en o'clock in the morning! George hasn't even had
ee. And then it sort of came to me," she says, dropping
voice theatrically, "he really *is* the President of the
ted States." You believe she means it when, after forty-
years of marriage, she says that the man she fell in
with when she was sixteen is still "one of the most
utiful men you ever laid your eyes on."

When asked the secret of her marital success, she replies
ntly, "Marry well. Marry very well. George is very
ughtful, and I try to be thoughtful. He's really wonder-
y considerate to me, and it makes a difference. As you
older, I think you need to put your arms around each
er more."

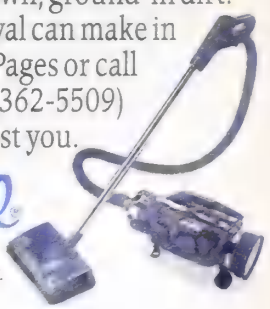
Although she insists that she doesn't lobby her husband,
e you've met this articulate woman, it seems inconceiv-
e that she would be reticent. "I probably lobby him indirect-
y," she says cautiously, "by telling him stories and things
seen. He's very interested and very *(continued)*



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BARBARA BUSH
continued

good about listening." Yet she points out that the President needs a respite from the pressures of office. "I love my husband too much," she says, "to add to his burdens."

Despite the rewards and recognition, the First Lady must occasionally miss the prerogative most Americans hold dear—the freedom to express her opinions. After an early brouhaha in which her views on assault-gun control were pounced on as different from the President's (she favored it, he didn't—at first), Mrs. Bush made an executive decision not to comment on such matters. Instead, she concentrates on less volatile issues like hunger, the homeless, volunteerism—and literacy, the cause to which she has long dedicated herself.

Still, there are some topics she *will* address publicly—perhaps to her regret. In a radio interview last year, she approached the hot topic of child care, referring, not very approvingly, to women who "choose" or "opt" to work, as opposed to single mothers who must work. Mrs. Bush attributed at least some mothers' desire to work to materialism. "It's what we want," she said. "We don't want just one TV set." That struck some listeners as the sort of argument a sheltered woman might make (Mrs. Bush, who dropped out of Smith College to marry, has never worked outside the home). Lately, though, her views seem to have moderated. "A lot more women have to work," she says today, "and they've got to have good child care."

Nonetheless, she is adamant that kids must come first. She knows it's difficult for many women. "But I say to my own daughter, So, the house is dirty? The darn trouble with cleaning a house is it gets dirty the next day anyway, so skip it a week if you have to. Children are the most important thing." Of course, she confesses, that attitude would probably land her in the hospital with an attack of nerves; she's compulsively neat. "You wouldn't believe that by looking at my office," she jokes, "but I am."

The bulk of Mrs. Bush's official time is spent answering mail and making an endless round of personal appearances. (She appeared in twenty-eight cities and thirteen foreign countries in 1989 alone.) She hasn't even slowed down much after being diagnosed with Graves' disease, a thyroid condition associated with eye inflammation and vision problems. Mrs. Bush has been treated with radioactive iodine and given prednisone, a steroid.

As the *Journal* went to press, M Bush began a new series of radiat treatments prescribed by doctors w did not want her to continue tak steroids. Such drugs can cause a nu ber of complications, including soft ing of the bones.

"I get up about five something- other, and George gets up at six," s says. "I don't mind it—I go right work. I'm learning the computer, I'm playing with my computer." M Bush also makes it a point to swim mile each day in the White House door pool. The day of the intervie she took pains to pass by the *far* side the Oval Office on her way back to t living quarters, lest her husband s her.

"I looked so ghastly," she says ea ly, "and George is *so* bad about sayi 'Come in and say hello.' He caught the other day in my preswimmi clothes, and there was a new ambas dor from a foreign country. There were, eyeball to eyeball," she sa laughing her big laugh. "I don't tr George anymore."

The First Lady's self-deprecati and slightly sardonic brand of hum may be a legacy from her father, M vin Pierce, a New York publishing ecutive whom she remembers bei

ery funny" (her mother, a homemak- died in an auto accident when Bar- ra was twenty-four). But her deploy- ent of humor is all her own. It allows r to defuse tense situations, and it ves her, as she herself admits, "a nce you hide behind."

She often uses wit as a preemptive ike. Listen to her as she talks about w she hates to be photographed, be- use her condition has made her eyes lge. "I just do it and say the heck th it." She shrugs. "I mean, nobody es me because of my great beauty yway." That's a classic Barbara Bush ck; although she has long worn at- ctive clothes and now chooses de- ns by Seventh Avenue darling Ar- ld Scaasi, Mrs. Bush still makes fun her appearance. "One of the myths that I don't dress well. I dress very ll—I just don't look so good."

As handy as the jokes can be, Mrs. sh admits that "you have to know en to knock it off." At the working ners to which the President often ites her, she says, she consciously ns herself in. Early in their mar- ge, she remembers, George said, ou'd better tell people you're being ny, because sometimes they take seriously." They did indeed take seriously in the 1984 campaign, en she declared that Democratic vice-presidential candidate Geraldine Ferraro reminded her of a word "that rhymes with rich." Now, she says, she's written an epitaph for epithets: "I only tease people I love."

Not surprisingly, the First Lady's family is what she speaks about with the most feeling. After all, her family has been her life's chief labor, whether it was raising her five children while George worked in the California and Texas oil industries or turning herself into a pretty-near-perfect political wife. She has the instincts of a mother lion. It wasn't George who got angry publicly when Texas state treasurer Ann Richards ridiculed him while making her feisty keynote address at the 1988 Democratic convention; it was Barbara, who to this day refers witheringly to Richards only as "the woman." And she was less than thrilled when her oldest son, George W., briefly considered running for governor of Texas last spring. She feared "a filthy campaign," she says. "I think *she* [meaning Richards, who is running for the Democratic nomination] would have said 'Prince George.' I thought the hurt would be enormous."

She is fiercely protective of her children, quietly supporting them through crises—her only daughter, Doro, recently separated from her husband, and son Marvin underwent an operation for life-threatening ulcerative colitis. Yet she deftly shoots down the oft-repeated idea that her interest in literacy was prompted by her son Neil's dyslexia. "I didn't choose literacy because of Neil Bush," she says with faint exasperation. "I thought about all the things that seemed important to me, and I realized everything I worry about would be better if more people could read, write and comprehend."

Another myth she seems to be growing weary of is that of her down-to-earth, just-folks quality. "People write me and say, 'I know I could talk to you.' And they could. And I could talk to them." She pauses and adds pointedly, "But I could also talk to the Queen of England. Or maybe I shouldn't use her as an example, but Margaret Thatcher. Or Deng Xiaoping. Or Mrs. Sadat." It is, perhaps, the most revealing moment of the day.

Behind the scenes

The interview at an end, Mrs. Bush jumps up to give a tour of the living quarters, an activity she appears to relish. Her omnipresent springer spaniel, Millie, at her feet, she proudly shows off the President's refurbished office, where a *(continued)*



canvas bin stands, crammed to the gills with battered toys that actually look used by his grandchildren, not set there for effect by some Secretary of Symbolism.

It's hard to overstate the soothing luxury that emanates from the creamy moldings and pilasters and marble floors, the soaring Palladian windows, the profusion of fresh flowers, the lovely dining room lined with murals of the French Revolution, where she and the President take their evening meal by candlelight. With every rich wood surface buffed to a high gloss, with a Monet here and a Cézanne there, with the discreet comings and goings of a household staff that numbers ninety-four, the White House seems as close to a European palace as one is likely to get in America. Does all this ever seem too regal for Mrs. Bush? "Not for me!" she exclaims, smiling hugely.

Onstage

The next morning, Barbara Bush has again assumed her public role: Dressed in a vivid blue suit, immaculately groomed, her posture irreproachable, she stands on the South Lawn in a fitful rain as the President welcomes Philippine president Corazon Aquino. As she watches her husband with a steady, attentive gaze, an aide appears with an umbrella; the First Lady holds it herself.

Immediately after the ceremony, as her husband meets with Aquino in the Oval Office and word sweeps through the White House that the Berlin Wall is coming down, Mrs. Bush is whisked by motorcade to a Virginia hotel. There, she speaks briefly to educators and executives about the Partnerships in Education project, of which she is honorary chairman. "This is a *very* busy day at the White House," she tells them disarmingly, "but because I care so much about what you are doing, I had to run over and say a few words."

Three minutes later she comes to a red-white-and-blue, God-bless-America finish, and the crowd gives her a standing ovation, complete with a few wild whistles from the back. She has come a long way from those tremulous days when she was scared stiff to address the Houston Garden Club. "I'd get sort of sweaty and headachy and teary," she remembers, "and I'd say [she mimics her old self in a high, quavery voice], 'I think we ought to put more trees in the South Park.' "

Once, she recalls, she resorted to an over-the-counter pill to calm her rampant stage fright: "It wasn't called 'Relax,' but it was called something like that," she says, laughing. "Now I sound like a drug fiend." The woman who hardly touches aspirin today ended up barely staying awake during that long-ago talk.

The motorcade zips back to the White House for a mid-afternoon photo session for the cover of the *Journal*. The First Lady appears in the dining room looking elegant in the Scaasi gown she will wear that evening, a sweeping affair of sequined black lace with a scrolled purple skirt; she has already worn it some weeks ago at a political dinner in New York. "I haven't paid for it yet," she says playfully, "but I'm waiting for my bill." The dining room is impeccably fitted out with towering pink tulips, red tablecloths with pink overlays and the much-remarked Reagan china, deep red with gold latticework anchored by the presidential seal. When the photographer suggests a massive flower arrangement be moved, she shoves it aside without asking for assistance. A butler grunts audibly as he carts off a heavy candelabrum, and the First Lady razzes him gleefully for being out of shape. She is propelling herself through this ordeal on a rapid-fire stream of jokes; at one point, punning on her eye problems, she bursts into a chorus of "Popeye, the Sailor Man."

Two and a half hours later, the front door of the White House swings open as harp music drifts out onto the North Portico. A long black limo slides up the drive; President and Mrs. Bush stride forth upon a red carpet, greet President Aquino, stand smiling on the steps for photographs. TV lights glare, flashbulbs pop, and the hosts and their guest repair to the yellow Oval Room upstairs for a private visit.

Downstairs, the dinner guests have begun gathering in the East Room. It's one of those curious mixes state dinners produce: a prosperous and solid-looking crowd, not a glamorous one, strategically divided among various constituencies. On hand are assorted congressmen and CEOs, nabobs from the world of sports (both the football and baseball commissioners), the media and Hollywood, albeit of a slightly retro variety (Telly Savalas, Dina Merrill, David Frost).

The evening is pure storybook st
At a quarter to eight, to the Ma
Band's rendition of "Ruffles and Fl
ishes," a flash of purple skirt appe
on the foyer staircase, and the Bus
slowly descend with their guest of h
or. They stand and pose once more,
First Lady tilting her chin to achie
better camera angle. Then, to
sound of "Hail to the Chief," they e
the State Dining Room, awash in gol
candleglow. The guests, galvanized
the surroundings, send up the kin
buzz that any hostess worth her
recognizes as the sound of a succes
party.

For the toast, the President r
to invoke the joys of grandparenth
as superior to the joys of govern
Mrs. Bush looks on approvingly f
the adjacent table. After a meal of
ster medallions on cucumber mou
and rack of lamb, everyone adjourn
the Blue Room for the official in
lude known as "Mix and Mingle."
President is besieged by the repor
who have just been let in; Mrs. Bus
almost lost in a cluster of wor
guests. The reporters finally co
her by the Blue Room door, and p
ently, on his way out to the East R
for the entertainment, her husb
taps her on the shoulder with a p
ful, "No more interviews, Fox."

The first lady is growing weary of the myth of her just-folks quality: "I could talk to the Queen of England, or Margaret Thatcher, or Deng Xiaoping

After a deliberately inspiratio
concert of American compositions c
sen by opera singer Simon Estes,
company troops back into the foyer
champagne and dancing. When
band strikes up "Deep in the Hear
Texas," Mrs. Bush bounces out c
the floor with Jack Laughery, the C
of the Hardee's fast-food chain.

Soon after, as if by some mysteri
signal, Mrs. Bush sashays over to
President, puts an arm around
waist and dances him a few steps
ward the grand staircase as the b
plays "Puttin' on the Ritz."

Suddenly, the two are in full g
bye mode, shaking hands, blow
kisses, waving their way up the st
and out of the public eye. Down bel
their guests watch the President
the First Lady depart, feeling a bit l
so many pumpkins after Cinderel
ball. It is yet another triumphant
for Barbara Bush, this woman who
come so far—and who seems de
mined to keep on going at full tilt.

Alison Cook's last article for LHJ
a profile of Miss America Gretc
Carlson, in September 1989.

WHO AM I?

continued from page 161

e body. In addition to Vickie and xette, there are Rose, the original, birth, personality, so depressed that e wants only to die; Badla, an often listic male personality who usually ides which self will be "out," or in trol of the body at any given mo- nt; docile Suzy, who likes to clean ise and cook; and Lila, the comput- who keeps track of all the personal- s and their memories. There are er personalities, too, some children, ne male. And all of them must cope h a painfully fragmented reality. Vickie—the personality most often control at this point—puts it, her y is like a lifeless glove; as each sonality comes forward, it slips in e a separate, disembodied hand.

Often those changes can be frighten- , and even dangerous. "One night en I was driving on the highway," kie says, "Badla suddenly put Suzy control, knowing she can't drive. hit a lamppost and almost went r a cliff."

vided minds

ny MPD patients live in the shadows, ified that others will discover their et. But Vickie and her therapist, Pamela Hall, Ph.D., a clinical psychologist based in Perth Amboy, New Jersey, and affiliated with Pace University in New York, agreed to talk to the *Journal* to help others understand the condition. Although many of us already know about MPD through the best-seller *The Three Faces of Eve* (1957) and *Sybil* (1973), the disorder still is widely misinterpreted and misunderstood.

Documented reports of MPD go back for more than four centuries, yet it wasn't until 1980 that the American Psychiatric Association officially recognized it as a bona fide illness. Before that, about two hundred cases were reported; experts now speculate that in the United States alone there may be as many as sixteen thousand people with MPD.

"We now know that MPD is not rare," says Robert Benjamin, M.D., a psychiatrist affiliated with Eugenia Hospital, in Lafayette Hill, Pennsylvania. "Until recently, professionals didn't look for it." As a result, he says, the disorder has been misdiagnosed as everything from schizophrenia to plain old unhappiness.

(Even now, some psychiatrists are cautious about the diagnosis, warning that it may be faddish; severely disturbed people, they say, often exhibit extreme emotional and personality changes during therapy, which overeager practitioners may misinterpret.)

Contrary to the stereotype, only about 6 percent of MPD victims exhibit flagrant personality changes, according to Richard Kluft, M.D., director of the dissociative-disorders unit at the Institute of the Pennsylvania Hospital, in Philadelphia. "Many of the rest have long periods when they're switching off neatly without much strife. In other cases, a single personality may be out for long periods of time."

Experts are also careful to emphasize that MPD differs from schizophrenia, a mental disorder marked by bizarre thought and behavior patterns. For years, schizophrenics were popularly—and wrongly—believed to suffer from a "split personality." And while experts still do not know the cause of schizophrenia—which seems to have chemical or genetic roots—they do know that MPD patients do not usually appear to have the disturbed thought patterns of schizophrenia. For the most part, their internal entities exhibit reasonably clear, purposeful thinking within the context of each separate personality.

A survival strategy

The disorder actually begins as a mental survival strategy that *(continued)*

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ok onion in butter in large saucepan until tender. Add water and contents e and seasoning packets. Bring to a boil. Reduce heat, cover and er 20 minutes. Combine flour and dry mustard in a small bowl. ually add about 1/2 cup of the broth, stirring until smooth. Stir ining broth, flour mixture and milk into rice mixture. Heat to a er, stirring occasionally. Continue simmering until slightly ened. Stir in cheese. Sprinkle with green onion.







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WHO AM I?

continued

helps children cope with horrendous sexual, physical or emotional abuse. In fact, many experts believe our new sensitivity to the prevalence of child abuse may contribute to the growing awareness of MPD.

"MPD develops when people have been so overcome by early traumas that they have to put up mental partitions in order to function in everyday life," explains Benjamin. MPD patients often have numerous childlike personalities, he says, precisely because much of the abuse occurred early in life and those memories become "frozen" at the ages when the traumas occurred.

Of all those diagnosed with MPD, about 90 percent are women. According to Elizabeth Bowman, M.D., assistant professor of psychiatry at Indiana University School of Medicine in Indianapolis, that may be because females are up to three times as likely as males to be sexually abused.

Some experts believe many undiagnosed male victims of MPD may be out on the streets—or in jail. While female multiples are likely to become depressed and suicidal, males seem more likely to direct their rage outward. "Many criminals—serial killers and others who commit seemingly senseless crimes—could be multiple personalities," says Hall.

Shattered lives

While Vickie has never had the urge to commit a crime, she has been forced into some painful choices because of her disorder. She decided to leave her job as a case supervisor in a child protective services agency after Badla began throwing childish Roxette out at work. "I'd get scared," says Roxette, as Vickie speaks in her little-girl voice. "Vickie had her own office, and I'd close the door. She kept crayons and a coloring book there for me, and I'd play until I could go back inside." Eventually, unable to take the pressure of working under such stressful circumstances, Vickie left. She lives now on medical-disability payments, and most of her former co-workers still do not know the real reason she resigned.

At home, Vickie's conflicting personalities sometimes lead to inconsistent parenting. One self will say, "No candy before dinner," and another, younger self will come out and say, "Let's go eat cupcakes together!" But the changes do not seem to affect Toby, Vickie says: "When Roxette or other child personalities are out with him, he just figures he's got this great mom who can rea relate to him and play with him."

Luckily, Vickie has several cl friends who are aware of her proble and on the relatively rare occasi when she feels seriously depressed self-destructive, she ensures Tob well-being by having him spend a or two at their homes. "Vickie wo never hurt her child," says Hall. "S has made considerable efforts to b good parent. He's a really terrific, telligent kid."

In addition to behaving erratica Vickie's alternate personalities disp annoying physiological differenc For example, Vickie and some of other adult personalities have asthm while many of the younger ones do In addition, Vicki says doses of ba turates that calm her make some her other selves more aggressive. D tors who work with MPD patients such differences between personali are actually quite common.

Roots of an illness

Vickie's childhood, in a rural worki class town on the East Coast, is typi of thousands of MPD sufferers. As back as she can recall, her mother ed like two completely different p ple. "In front of others, she was perfect, *(continued on page 2*


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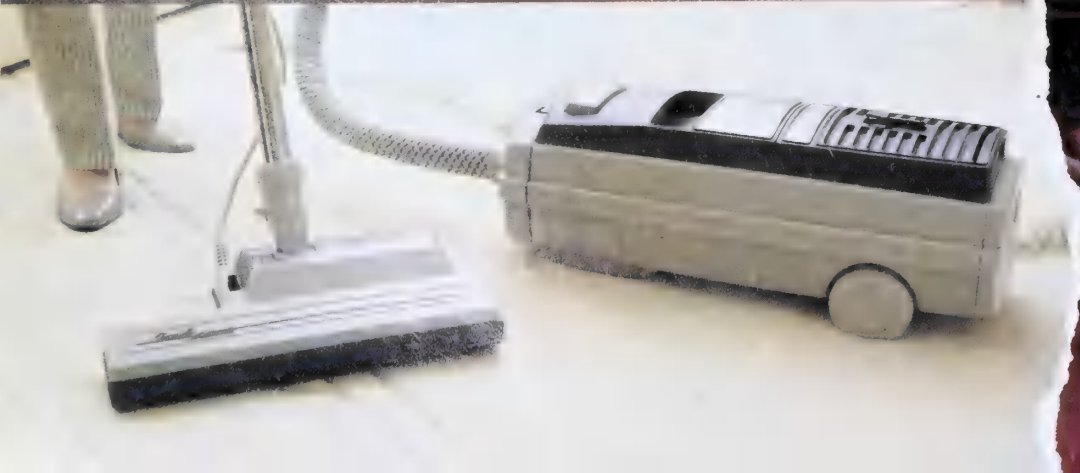
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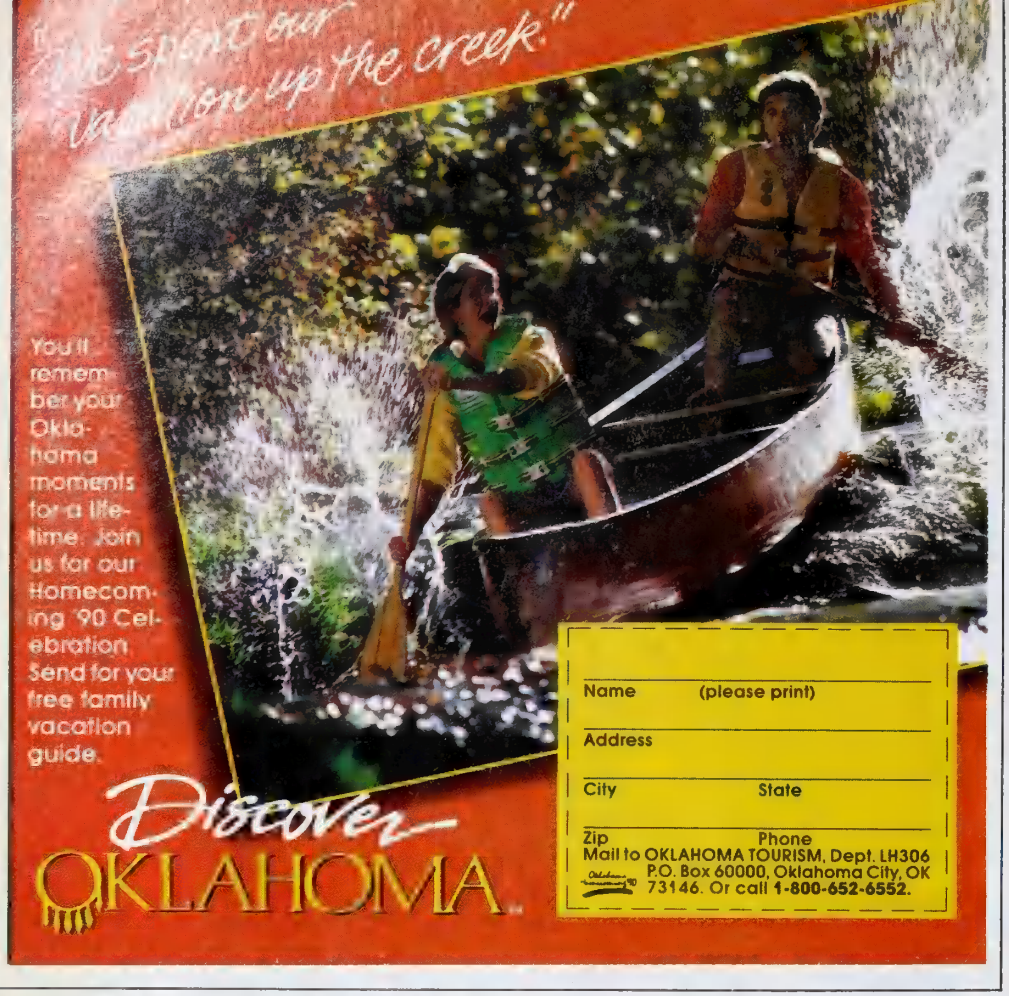
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TRAVEL JOURNAL

TOLEDO: A TOUCH OF MIDWESTERN CLASS

On *M*A*S*H* Corporal Klinger used to rave about Tony Packo's Cafe back in Toledo. (Apparently, he's not the only one. Hundreds of celebrity-signed hot dog buns line the walls—testimony to their mouth-watering chili, stuffed cabbage and spicy hot dogs.) Nonetheless, one good restaurant does not a city make, and off I flew to the Midwest with more than a little skepticism. In search of good food—and, I hoped, more—I returned pleasantly surprised: Toledo really does offer more than tasty Hungarian fare and small-town friendliness.

In the past five years, the downtown area has taken on a colorful new look. Portside Festival Market, completed in 1984, offers over fifty specialty shops and restaurants and is open year-round with live entertainment daily. Situated along the downtown riverfront, the blue-and-green glass-enclosed structure overlooks Promenade Park, in the center of which is a spectacular group of realistic sculptures depicting family scenes. Throughout the year the park hosts free activities—from music, movies and dancing to parades and festivals. At night, looking out across the Maumee River, you'll be struck by the serenity of the water and the decorative lights of the bridges.

A few blocks away is a small group of commercial buildings, most built in the late nineteenth century. Known as Fort Industry Square, they stand on the site of the stockade and blockhouse of Fort Industry, built in 1794 by General Anthony Wayne as a safeguard against the British. One of them, the Boody House, offers beautifully presented continental cuisine in five rooms decorated with turn-of-the-century furnishings. Some favorite dishes include rack of lamb dijonnaise (basted with mustard and herb bread crumbs), dover sole imperial (stuffed with crabmeat and served with white wine clam sauce) and chicken Cleopatra (chargrilled and marinated in a Greek-style herb dressing).

Any art lover knows the Toledo Museum of Art—one of the country's top ten—is well worth a visit. The sprawling and nicely laid-out structure was built in 1901 by Edward Drummond Libbey, who brought the enormously profitable glass industry to Toledo at about this time. In addition to wonderful offerings of European and Am can paintings, there's an exceptio collection of glass from all over world. Take a look at the museu magnificent Peristyle, a classi Greek concert hall painstakingly b in the thirties under New Deal legis tion. It has an expansive feel, w gently sloping pale green seats f ning out in a semicircle. Internatio ly known musicians perform here of

Also among the nation's best is Toledo Zoological Gardens. Its hip quarium offers the world's only tered underwater viewing of, yes, h pos. Also check out the animals of African savannah, the children's ting zoo and the museum of natu science. The exhibit Dinamation, ginning in March 1990, will feat life-size dinosaur models that m and roar! And the popular diversity life exhibit allows visitors to l through microscopes, view a stre filled with freshwater life and p into a cave teeming with bats.

A few minutes away, Toledo's West End offers visitors a wonde mix of late Victorian mansions—fr Queen Anne, Tudor, Georgian Gothic to Prairie, Craftsman, Am can Four Square and Shingle. T twenty-five-block area, with wide t lined avenues, represents one of largest concentrations of late Vict an (1880-1910) homes left standing the U.S. In fact, Frank Lloyd Wri studied this area when planning famous Oak Park section of Illin

For nighttime fun, stop in Friar Tuck's Bijou, which offers m cal-comedy revues and nation known musicians. Sit back, relax enjoy not only the show but the s ing space, with its floor-to-ceiling rals depicting offbeat street-life sce

Gracious accommodations await at the Marriott Portside, located on downtown waterfront. For a m homey experience, try the Mans View Inn, a former private home (b in 1877) in the Old West End.

If you have a free afternoon, driv Sauder Farm and Craft Village, ab an hour away, on State Route 2 Archbold. Started in 1976, this lovi ly planned village, arranged in concentric circles, has over two do shops and cabins, almost all of th built over a century and a half ago transplanted here from various p of northwestern Ohio. Inside e structure you'll find costumed s members, who will chat with about life in the nineteenth centu

For more information, you contact the Greater Toledo Office Tourism and Conventions, 218 ron Street, Toledo, OH 436 800-243-4667. —BARBARA F. HOFFM

TRAVEL JOURNAL

FAULKNER'S OXFORD

agine the picture-perfect Southern n. Its broad sidewalks are bordered cedar trees and handsome, white- umned homes. Its streets lead, al- st inevitably, to a square where re are benches for idling and a gal- t Confederate soldier in stone. At center lies a classic Southern rthouse, sleepy but dignified, with lock, perched beneath the cupola, ose four faces may not always quite ee.

This is Oxford, Mississippi, seventy es southeast of Memphis, surround- by red-clay hills and piney woods. the surface, it looks like a lot of er Southern towns. But at least one dent, the Nobel Prize-winning au- r, William Faulkner, saw some- ng special here. He'd sit at his old derwood typewriter weaving partial chs around Oxford, renaming his ne county Yoknapatawpha, and n putting his great-granddaddy in ovel called *Sartoris*. "I discovered," lkner once said, "that my own lit- postage stamp of native soil was th writing about and that I would er live long enough to exhaust it."

ne spring weekend when the mag- a trees were just beginning to om, my husband and I went to in- igate Faulkner's "postage stamp." hometown, founded in 1837 on ckasaw Indian land, is also the ne of the University of Mississip- -better known as Ole Miss. Be- ning in 1848, fair-haired young n came to Oxford to study the clas- When the Civil War came, these ng men grew up fast in a regiment ed the University Greys. In 1862 r campus was turned into a Con- rate hospital, and two years later, on troops led by General A.J. hiskey" Smith invaded Oxford and d the university buildings as a hos- l for Union soldiers.

oday, a ten-minute walk west of town square takes you to the cam- where there's a cemetery holding graves of seven hundred Confeder- soldiers, a library that displays lkner's Nobel Prize in literature a museum with collections of Gre- oman antiquities, nineteenth-cen- scientific instruments, and paint- by the Southern folk artist, Theo- Hamblett.

ore contemporary sights in Oxford ude lots of latter-day rebels fight- it out on the football field and e pretty coeds than it seems ought to exist in such a small town. In fact, the university holds a record for sending winners and finalists to the Miss America Pageant.

Paths that begin behind the university museums take you into the green thick of Bailey's Woods, a university forest in what was Faulkner's estate. Shortly before his death, Faulkner fell from his horse in Bailey's Woods. He was an intensely private man, and this thirty-one-acre forest surrounding his home, Rowan Oak, provided him with the seclusion he craved.

We spent one magical morning exploring Rowan Oak, with its long avenue of cedar trees leading up to a Greek Revival portico. In the study you can still see the outline for *A Fable*, which Faulkner wrote on the walls. Built in 1840, Rowan Oak was miraculously spared when Whiskey Smith put the torch to Oxford during the Civil War.

From Rowan Oak, amble back into town for an espresso among the volumes on sale at Square Books Café on the square or a thick slab of chicken-fried steak at Smitty's, 208 South Lamar Avenue, where, as the menu proclaims, all orders of "aigs git grits." Nose through the shops on the square, including the J.E. Neilson Company, the oldest department store in the South, and plan your evening's entertainment. Just because Oxford is a quiet Southern town doesn't mean it lacks nightlife. There are at least two good clubs to hear live music, the Gin Restaurant and Lounge, on Harrison Street, and Syd and Harry's, on the square, as well as a funky student hangout called the Hoka Cinema, 304 South 14th Street.

The Oliver-Britt House Inn and Tea Room, 512 Van Buren Ave., offers Oxford's most gracious accommodations in a rambling mansion several blocks off the square. A pair of sisters presides at this inn, built in 1905.

Our last stop in Oxford was the town cemetery on a hillside just five blocks from the courthouse, where favorite sons, like William Faulkner, found their final parcels of "native soil," surrounded by yew trees and daffodils. Here the quiet of this town is at its most profound, but if you close your eyes and listen hard enough, you can hear Ole Miss scholars conjugating Latin verbs, farmers on the square cursing the weather, young ladies tinkling the ivories, and, of course, the constant pecking of a typewriter.

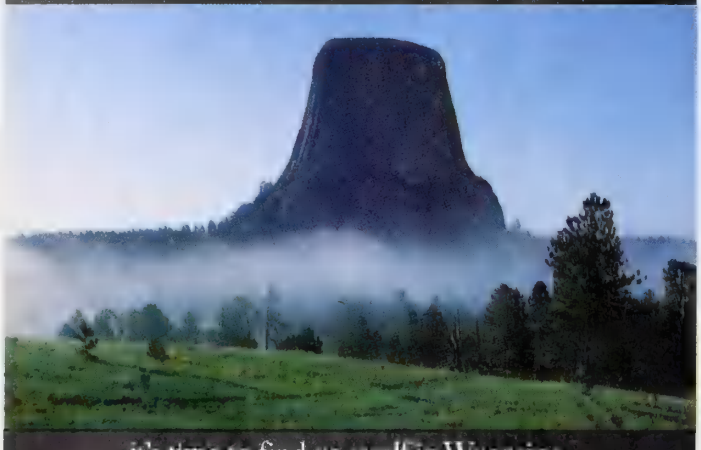
For more information, write the Oxford Tourism Council, P.O. Box 965, Oxford, MS 38655, or call 601-234-4651.

—SUSAN SPANO WELLS





If the last tower that impressed you went out with the tide,



it's time to find yourself in Wyoming.

necticut and New York, with nightly stays at the lodge

The price structure for the four-day ride is flexible. T full trip costs $520 per person and includes meals, drin lodging, lessons and transportation from the trail back the lodge. Or you can choose one, two or three days at $1 per day. A four-day trip will cost you $390 if you B.Y.O (bring your own horse). Trips are designed for beginners well as experienced riders. Children are welcome, wh makes this the ideal family vacation. (Kids' prices somewhat lower.)

Other activities in the area include skiing at Catamou right next to the riding club. A full-day lift ticket costs on weekends and holidays, $22 during the week. Lad Days are Tuesday and Thursday, Men's Days are Monday Wednesday. Tickets on these days are $18. A nursery available, and it's free on Men's and Ladies' Days. Ca mount is open for night skiing Wednesday through S urday from five to ten for $18.

For fine dining there are several restaurants a few m down the road on the Massachusetts side. The Old Mil South Egermont offers exquisite continental cuisine i relaxed, simple atmosphere. The service is excellent the menu well thought out with nicely portioned entr (try the free-range chicken with fresh herbs). From stone fireplace in the dining room to the huge Christn time cinnamon sticks tied with ribbon in the restrooms, the epitome of true New England grace and charm.

Also worth considering is L'Hostellerie Bressane Hillsdale, which serves traditional French fare.

Restaurants are also available in Tanglewood, whic just twenty minutes away.

For more information you can call 518-325-3775 write to the Marlboro Riding Club, Route 23, Hillsd NY 12529. —KIM ALYSE STEFF

TRAVEL JOURNAL

HOOFING IT IN THE BERKSHIRES

If you're thinking of taking a ride in the country, make a horse your mode of transportation. And there's no better place to learn riding than the Marlboro Riding Club in Hillsdale, New York.

Nestled in the valley that sits on the New York–Massachusetts border in the picturesque Berkshires, the ranch offers visitors a panorama of trees, mountains and wide-open spaces. Group lessons (three or more) are given by proprietor Charles Youngs and cost $25 for one hour. Group trail rides are $25 for two hours on weekdays and $35 on the weekends. These include a fifteen- to thirty-minute lesson and are well worth it. The instruction is thorough—covering everything from the physiology of the horse to the myths that surround these huge beasts.

As delightful as the ride is Mr. Youngs himself. A devoted horseman for more than twenty-five years, Charles weaves enthusiasm and humor into every lesson. He is a licensed Massachusetts instructor and is probably the strictest teacher you'll find. And like all strict teachers, Charles gets you totally concentrated on the task at hand.

After the lesson, retire to the lodge, which resembles an old English pub with its heavy oak tables and high-backed bench seats. Saddles, spurs and other equestrian paraphernalia clutter each room.

Once you've got your "horse legs," consider one of the many trail rides the club offers. Trips vary from an overnight stay at a campsite, complete with a steak-and-potato dinner and campfire sing-along, to a four-day, one-hundred-mile ride through the countrysides of Massachusetts, Con-



If the last cowboy you saw only hit a high C,



it's time to find yourself in Wyoming.





galleries in town, and as for the skiing, Vail has plenty for all levels. The same lift ticket is good at Beaver Creek, Vail's quiet sister mountain. On both mountains, just for kids, are on-slope ski playgrounds with ski-through tepees, gold mines and other attractions.

Park City Park City, UT; 801-649-8111. Once the largest silver-mining camp in the U.S., Park City is now the biggest ski area in Utah. Skiers whiz by old mine shafts and cabins left from the silver-rush days.

Deer Valley Park City, UT; 800-424-DEER. **Alta**, Alta, UT; 801-742-3333. Deer Valley has the ultimate in creature comforts: Ski valets unload your car, buffets on the slopes serve five-star food, and trails are so well groomed that not a snowflake is out of place.

If Deer Valley's not your style, ski nearby Alta. The ungroomed runs at this no-frills ski area make it a mecca for ski bums, who love the challenging terrain, deep powder and low-priced lift tickets.

Jackson Hole Teton Village, WY; 800-443-6931. With two of the country's most spectacular national parks to the north (Yellowstone) and west (Grand Teton), Jackson Hole's natural splendor is unparalleled. You can take snowmobile and cross-country ski tours through both parks. Set in the rugged Tetons, Jackson Hole boasts not only awe-inspiring beauty, but also premier skiing—the area claims the highest vertical drop in the U.S. and gets about thirty-eight feet of snow every year.

Squaw Valley Squaw Valley, CA; 800-545-4350. This high-tech resort in the Sierra Nevada features European-style skiing, a beginner trail that winds its way from mountaintop to bottom and weekend night skiing. Casino gambling and big-star shows are twenty minutes away in Nevada. Squaw Valley isn't just for adults, though—kids ski for $5.

—JEFFREY BEER AND KAREN FREIFELD

RAVEL OURNAL

BEST OF THE WEST

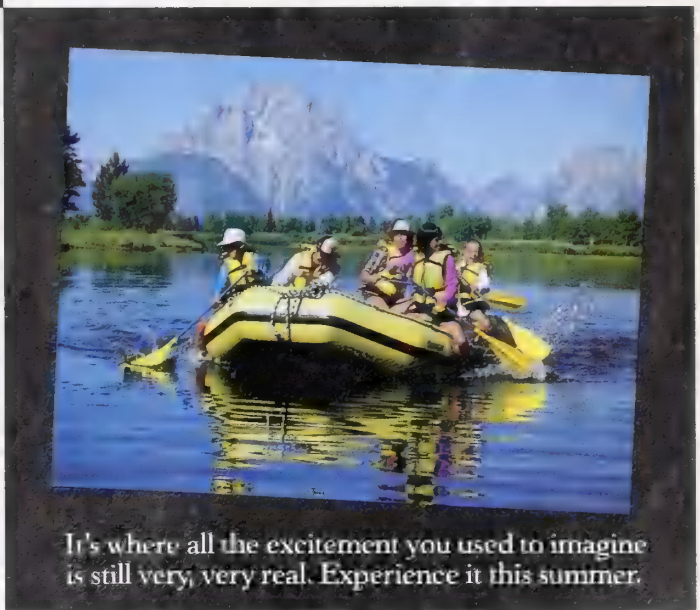
nning a ski vacation but don't know where to go? Ski rts have distinct personalities—our report will help choose the mountain that suits you best.

n/Snowmass Aspen, CO; 800-525-6200. Aspen is as re-ned for its jet-setters, sable coats, nightlife and cuisine is for skiing. Aspen Mountain, which shoots up behind center of town, is for hotshots—there are no beginner s on this mountain. Nearby Snowmass provides an rmediate-skier's paradise. The charming downtown boasts hundreds of restaurants, shops, galleries and . If you're game to try exotic food, stop at Krabloonik's, ique eatery that serves caribou, elk and buffalo meat.

one/North Peak and **Arapahoe Basin** Keystone, CO; 800-222-3. You can fly into Denver on any morning, drive up and easily ski Keystone/North Peak, which is only nty miles away. Keystone's trails are meticulously med, while its sister mountain, Arapahoe Basin, offers tacular scenery surrounding expert runs. Buy a Sum-Pass and ski Breckenridge and Copper Mountain on same lift ticket.

nboat Steamboat Springs, CO; 303-879-6111. Steamboat ngs is an unpretentious, family-oriented resort with a tern flair. Steamboat's also the second largest ski area olorado. Bonus for families: Five-day packages let kids r twelve ski, rent equipment and stay free (with their nts) at participating lodges.

Beaver Creek Vail, CO; 303-476-5601, 303-949-5750. Vail e biggest ski resort in North America. There are more eighty restaurants and one hundred shops and art



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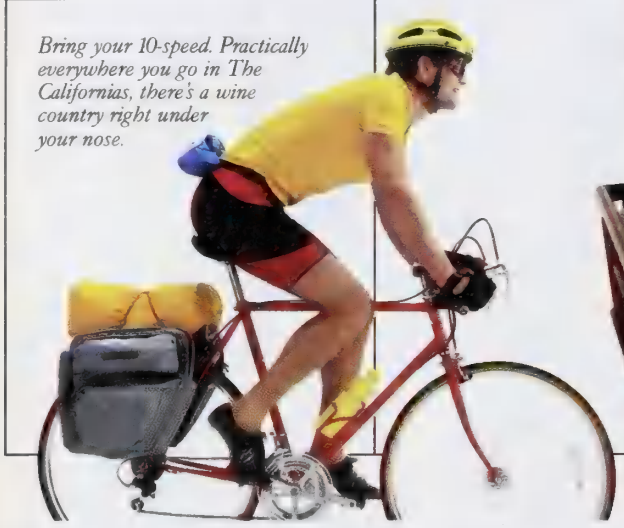
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TRAVEL JOURNAL

FEAR OF FLYING

A few years ago I finally decided to leave London and go back to New York City to become a free-lance writer. Visions of rejected manuscripts and unpaid bills were scary enough, but what I really dreaded was the flight home.

As a kid I loved going on planes, but looking back on my childhood now, I can see signs of my developing fear of flying, such as my claustrophobia in elevators and subways. Many psychologists say that phobias are often triggered by a major life change, and mine was graduating college. After that, I joined the ranks of some twenty million aviophobes. Every time I flew I had this urge to escape from the cabin. I needed to be in control, but floating above the ocean in a metal contraption powered by some fathomless technology, I felt helpless.

With the conversations of fellow passengers and plenty of wine I got through that seemingly interminable flight. But I knew my anxiety had become a habit and that I had entered an escalating cycle of worrying about worrying. I had learned, however, that there's only one cure for conquering phobias: confronting them. I enrolled in Freedom From Fear of Flying, a course for aviophobes.

Started in 1974 by retired Pan American pilot Captain T.W. "Slim" Cummings and his wife, Carmen, who holds an M.S. in counseling psychology, the course is a few days of intensive seminars. (The number of classes depends on how many people participate.) Limited to twenty people at a time, it offers several therapeutic approaches: desensitization (gradual exposure to the feared situation); group support; and fear-reducing techniques (meditation, among others).

When I met Captain Cummings, I immediately understood how he had gotten his nickname. A tall, thin man, he listened sympathetically, as did his wife, while people in our group described their fears. Gradually, I realized I was not alone and in fact my phobia wasn't as severe as the others'. One woman in our group had never even been on a plane.

All the students had one thing in common—a baseless anxiety. According to Carol Lindemann, Ph.D., director of the Phobia Center of the New York Psychological Center, your mind goes through three stages with a phobia: having an irrational fear; rea ing it's irrational; avoiding situat that cause that fear.

How do you know what's a nor fear and what's a phobia? "It's fin be afraid of a tiger on the loose—th a fear," she says. "But if it's a ki and you have the same response, t that's a phobia."

With such recent, highly public air fiascoes as the Iowa tragedy and LaGuardia runway crash, some cern about air travel would seem sonable. Yet it is still the safest wa travel. A study by the Massachus Institute of Technology found the of death on a domestic nonstop flight operated by an established ca er to be one in eleven million.

Regardless of how safe the situa or the statistics sound, the aviopl often experiences worries that can voke panic attacks, heart palpitati sweaty palms, nausea and hyperve lation. Many fearful flyers lose s weeks before their flights.

Even worse, you begin to plan y life around not flying, which coul sult in losing a promotion for a job requires travel or a vacation oppo nity. Your self-esteem erodes as keep avoiding your fears.

In the first seminar the C mingses pointed out how fearful fl



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en have other phobias. In my case I s claustrophobic and terrified of aking in front of a group of people. en Slim heard this, he had me get and talk, and I suddenly realized t I was tired of always being scared, worrying that I might make a fool nyself.

By the second session—when we red a plane—I felt secure because I s with people who understood my bia. We met the crew, who showed different parts of the aircraft. I was ecially curious about the cockpit, ich seemed to me like a huge, com- ated car.

When it came time for our gradua- n flight, a shuttle trip from New k to Boston, I could laugh with the ers about our fears, though I still a little anxious. Some members of group were clearly terrified, but y one couldn't get on the plane.

As we boarded, the Cummingses dis- raged drinking or using Walk- ns. Takeoffs always unnerve me, I made it through this one with my fidence intact. One group member sed out stress buttons—tempera- e-sensitive tabs that supposedly asure nervousness—and put one on wrist. Since I felt relaxed, I was prised to see that it was stained ck, which indicates anxiety. But gradually the color faded to green-blue, the most serene signal. At that point I knew I had control over my fear.

For more information on the course, contact the Cummingses at 2021 Country Club Prado, Coral Gables, FL 33134; 305-261-7042. The total cost is is $425. Also, you can pick up Slim's book, *Freedom From Fear of Flying* (Pocket Books, 1987).

Other programs in the U.S. include:

- *Travel and Fly Without Fear*, 310 Madison Avenue, New York, NY 10017; 212-697-7666.
- *SOAR*, PO Box 747, Westport, CT; 800-332-7359.
- *Open Skies*, New York, NY; 212-874-4173.
- *USAir Fearful Flyers Program*, PO Box 100, Glenshaw, PA 15116; 412-486-5917.
- *Fear of Flying Clinic*, 1777 Borel Place, Suite 215, San Mateo, CA 94402; 415-341-1595.
- *Roundhouse Fearless Flying Program*, 1444 Duke Street, Alexandria, VA 22314; 703-836-7130.
- *Achieving Flight*, PO Box 269, Chapel Hill, NC 27514; 800-451-5106.
- *Pegasus Fear of Flying Seminars*, PO Box 68544, Schaumburg, IL 60618; 800-FEARNOT.

For information on programs in your area, contact any major airline or phobia and anxiety-disorders clinic. If you have additional questions on phobias, write to the Phobia Society of America, P.O. Box 42514, Washington, DC 20015-0514.

For an anxiety-free travel experience, here are some tips from Slim Cummings and Carol Gross, of Travel and Fly without Fear:

(1) Bring lots of distractions—magazines, crossword puzzles, cassettes.

(2) Get to the airport early so that you don't have the added anxiety of rushing.

(3) Avoid caffeine, and don't drink to blot out the experience.

(4) Try to sit near the front, where it is quieter and smoother.

(5) Try to stay in the present. Talk with the people around you so you feel connected.

(6) If possible, greet the pilot and crew; it will make you feel more in control.

(7) Don't sit glued to your seat. Move around, shake out the anxiety.

(8) Give yourself credit for a successful flight—and be sure to fly as frequently as possible so that the fear doesn't have time to settle in.

—DONNA WILKINSON

Ladies' Home Journal

TRAVEL DIRECTORY



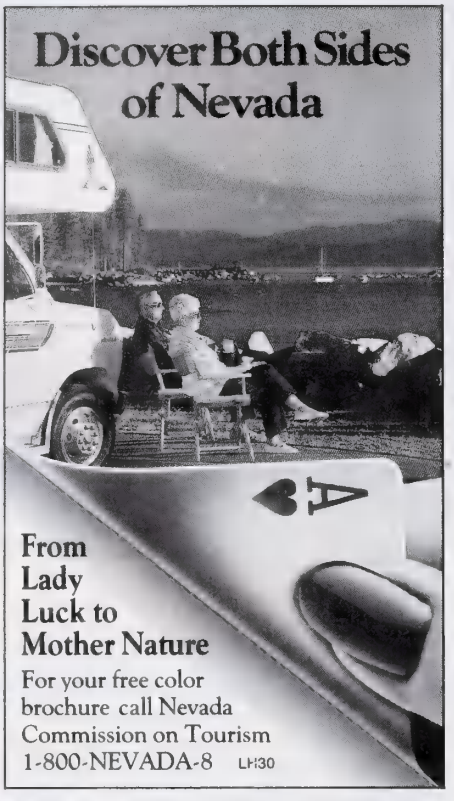
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TRAVEL JOURNA

ADIRONDACK ESCAPES

It's hard to believe a state with N York's population would set aside area the size of Vermont for a park. I in 1892 the state combined public a private lands in the northeast to fo Adirondack Park. The preservation been so successful that a nineteen century description is still apt: "one mense and silent forest, curiously a beautifully broken by gleaming wat of a myriad of lakes . . ."

One way to see the Adirondack along the Northway (Interstate from Albany. Take it to Glens Falls your first stop, the Hyde Collection, exceptional assemblage of fine a decorative arts. Some of the price works there: sculptures; fourteen century stained-glass windows; pa ings by Botticelli and van Go among others. (Unfortunately, Hyde is closed until November for ditions and renovations.)

Next, head out on Route 9N (no to visit the restored Fort Ticonder built in 1755 on Lake Champla Then go south on 9N to Route (west) to Santa's Workshop at No Pole, New York. Kids will enjoy see Santa, his helpers and live reind Afterward, drive on the White Mountain Memorial Highway to hundred feet below the sum Take an elevator to the top. Conti on Route 86 south to Lake Placid, of the 1932 and 1980 Winter Olymp

Lake Placid is a must for trave in the Adirondacks. It has qu shops and boutiques, good restaura and all types of accommodati including the lovely Mirror L Inn.

In the winter of 1887–1888, Ro Louis Stevenson lived in Saranac miles west on Route 86) and wrote *Master of Ballantrae*, referring to area as "Little Switzerland of the rondacks."

As you bear south on Route 3 Blue Mountain Lake, you'll be tre to a pristine view of the mount Then continue heading west on R 28 to Raquette Lake and the Sagan Lodge and Conference Center, for summer home of Alfred Vande Today it is a museum and mee center.

For information, contact the York Department of Economic Dev ment, Division of Tourism, 90 M Street, Lake Placid, NY 12946; 518- 2412. —PHYLLIS AND ED JOHNS

WHO AM I?

ntinued from page 234

book mother. She acted very com-onate and loving, made Hallow-stumes by hand—the whole nine . But when other people left, all would break loose. I was beaten iscious, locked in the basement tire days; she even put me in the with the gas on and nearly as-ated me. She was real good at not ig too much evidence, but when it here, she always had a good ex-tion: 'She fell off the stoop; she's rdinated; she bumped into my tte.'"

king back, Vickie says she was bly functioning as a multiple nality even before she learned to although she didn't really under-what was going on. "We knew were others inside, but we 't fully aware we were parts of erson," she explains.

ause of the alarming shifts in her r's behavior, Vickie thinks her r might have been a multiple nality, too. She could be right. ommon for MPD to be a familial, generational problem," says Ben-. Although there is no known ge-component to the disease, he if parents grossly abuse their en, the disorder can be handed from one generation to the next, ally in those who have a tenden-ndergo self-hypnosis—put them-into trance states—in stressful ions.

u're a liar"

toddler, Vickie tried to tell her father about the abuse, but he d to believe her. "He'd say, 'Your r would never do that; you have p telling such lies,'" she recalls y.

fact, Vickie's unsuccessful at-s to seek help prompted her r to abuse her even more. e's one memory from age four of tied up and put in a carton. She d me out to the part of the yard trash was burned, lit a match reatened to set the box on fire. y, she took me out and said, 'See, d you. But if you tell on me next time I won't.'"

chool, Vickie found little respite er troubles. "I was always being d of lying because one personality learn a lesson, and the next day r personality who did not know terial would be out," she says.

n she was twelve, Vickie's fam-ved, and the physical abuse fi-stopped. At eighteen, she broke tact with her relatives and en-ollege.

There, the personality system made a concerted effort to "pass" as an integrated individual, though her internal divisions were as strong as ever. Rose—the birth personality, who was then most often in control—continued to lose large chunks of time during which she could remember nothing. "People she didn't know would often say hello to her," says Vickie. "Professors would greet her, but she didn't know she was taking their classes. This caused a lot of stress; in fact, she figured she was crazy."

What was actually happening, says Vickie, was that many of the other selves were often in control. Two personalities—Rose and Rosemary—attended classes. Meanwhile, Vickie worked as a nude model for art classes, and admits now that she was sometimes sexually promiscuous—facts of which Rose was unaware. At the same time, Rose and yet another personality, Marie, held down respectable part-time jobs as a statistics and psychology tutor and as a recreational aide in a group home for troubled teenagers.

After graduation, Vickie met her first husband, Roy, whom she married at age twenty-seven. Although she hid her situation from Roy, a new personality, Cookie, was soon created to cope with married life, and Suzy would often emerge to take care of household chores. But Roy was physically abusive, and in 1983, the couple sought marital therapy. After hearing about Vickie's past—the child abuse she'd suffered, her erratic behavior and the bouts of amnesia—the counselor sent Vickie to a psychologist who suggested that Vickie might be suffering from MPD. Upon receiving the diagnosis, Vickie says, there were many different reactions within the personality system. "Rose didn't believe she had MPD, and it was hard for some of the younger personalities to understand the condition," she says. "I [Vickie] didn't believe the diagnosis at first, though I do now." Badla, she adds, still considers himself a completely separate individual.

A family secret

Difficult as it was for Vickie to face the fact that she had MPD, worse was yet to come. In 1983, right after Toby's birth, she was hospitalized for depression and a psychiatrist gave her sodium amytal—a drug that induces a kind of chemical hypnosis—to help her recall key events from her past. In a trance, Vickie had a searing memory of being raped by her maternal grandfather at age eight. At the same time, says Hall, a younger personality emerged and recalled being told by her paternal grandfather that *(continued)*



WHO AM I?
continued

her mother's husband was not her real father. In fact, he said, Vickie was the product of an incestuous relationship between her other grandfather and her mother. The allegation was unbearable to Rose. "She couldn't deal with it," says Vickie. "So she left. Since then, the rest of us have pretty much been living her life for her."

Following her hospitalization in 1984, Vickie divorced her husband and tried to find a therapist. About two years ago, she called Kluft at the Pennsylvania Hospital and was referred to Hall, whom she now sees three times a week. "At this point, we're working on *not* splitting into new personalities as a way to deal with stress," says Vickie.

Strange as it sounds, however, she isn't sure at this point that she wants to give up her multiplicity. "My forty-nine personalities are all quite distinct and well developed; it's going to be very hard for them to accept integration," she says. "The real problem is that we're not all playing on the same team. What I want now is mutual cooperation."

Although Hall understands these fears, she hopes Vickie will someday feel differently. If Vickie can learn to accept all the disparate parts of herself, says Hall, "integration would be a natural progression."

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A brighter future

These days, Vickie's life is far from easy, but she *is* making progress. About a year and a half ago, she became reacquainted with Tom, an old high-school classmate who returned to her town after seventeen years in Florida, where he worked at a series of jobs and eventually became a computer engineer.

During a phone call shortly after their reunion, Vickie told Tom about her MPD diagnosis. "She blurted it all out," he recalls. "In a way, I think it was sort of a test. I th she felt, 'Let's put this between us now so it won't between us later.'"

Fortunately, Vickie's difficulties have not come betw them; they were married last December. However, does admit having mixed feelings about Vickie's multip ity. "Sometimes I'm a little spooked; I think, Who is person next to me?" he says. But he adds: "I really adm her strength; MPD is an indication of incredible resou fulness and an ability to survive against all odds."

One of the r positive aspect the relations says Hall, is Tom tries to un stand and with all of Vicl selves as emerge. W Roxette or ano child personali out, he's can not to make a s al advance. has also sa Vickie from b hurt by some o evil personalit

The most fri ening inci took place on 26, 1988, Vic thirty-sixth b day, when, luc she had sent to a friend's h for the night. went into the b room and st there for a time," Tom members. "I c through the asking if she all right. She 'Leave me a I'm fine,' but tone of voice m me suspicious, I could smell s thing burning nally, I got a l mer and po the door out o frame."

What he then was ter ing: "Vickie crouched on floor burning s black candles and holding a giant kitchen knife. Sh may have been an evil child personality named Samant snarled, 'I'm going to hurt her.' I said, 'No. I won't let do this.'

"I saw a look of indecision pass over her face," Tom tinues, "so I grabbed the knife and threw it into the hal behind me. Then I knelt down and asked if one of her selves could take control. Eventually, another person came forward and started weeping. Finally, I led her o the bathroom. I was terrified for Vickie—and for mys

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READERS' JOURNAL

LIFESAVER

I am thirty-seven years old and the mother of four children. For the past year I have wanted to write to thank you. You deserve recognition for possibly saving my life.

If I had not subscribed to the *Journal*, I would have missed your two-part special report on breast cancer [October and November 1988]. After reading the article I did a breast self-exam and found a large lump, which turned out to be malignant. Recently, a year after a mastectomy, my tests came back cancer-free. At least for now I'm doing fine. Sure, I've always known about breast cancer and self-exams, but I never gave them a thought. Because your magazine is so interesting, I took heed of the vital information. You will always be number one in my book.

—Linda Coleman, Elgin, IL

THE SANDWICH GENERATION

While reading "The good daughter" [November] I felt support and reassurance about my situation, which borders on the unbearable. In September 1988 my eighty-five-year-old mother had a devastating stroke. I tried taking care of her, but having just retired from teaching after forty years of combining career and raising a family, I was looking forward to being being able to pursue my special interests. I could not endure the isolation that being her caregiver imposed on me. By March 1989 I had become ill myself.

Finally, with the help of her physician, I found a privately run group home, where my mother now resides. My heart goes out to children of the elderly and to our elders who, like my mother, must depend on others. I do not feel quite as alone now. Maybe I won't feel so guilty in the future. Thank you for printing such an exceptional article. **—Name and address withheld**

As a gerontologist working for ten years as a referral specialist, I found "The good daughter" to be very informative. But it's rare that an article shows people how to find all the services they read about. Doctors, nurses and social workers often know little about available resources. One way to find help is to check the white pages for your local Area Agency on Aging, which was established in every state through the federal Older Americans Act. You'll find a network of community specialists who truly know what's out there.

—Lorna Maddux, Boulder, CO

THE WAR AGAINST WOMEN

You did a great service by reporting on "The war against women" [October]. American women are suffering an epidemic of sexual violence. Tens of thousands of women are assaulted or murdered every year, and millions more live in fear of being next.

Women, children and, increasingly, men are victims of a society that tolerates and encourages violence against its members. We must fight the forces who profit from their victimization.

—Mitch McConnell
United States Senator (R-Kentucky)

ABORTION CONTROVERSY

This past summer I was made aware of your supposed attendance at a meeting, organized by Helen Gurley Brown, dealing with what you and various other editors can do to protect Roe v. Wade. I hope you realize that not all your readers fall on one side or the other of this issue. I would like to know what your editorial position is on abortion.

—Joan Ostrand, Virginia Beach, VA

Recently I learned that your magazine has agreed to join with other magazines in stepping up pro-choice coverage in response to new threats to the legal status of abortion. Is this true? Do you plan on covering pro-life views as well?

—Liz Kremer, Effingham, IL

We feel the need to clarify a misunderstanding a number of readers have concerning the Journal's attendance at a "pro-choice" meeting called by Helen Gurley Brown of Cosmopolitan magazine not too long ago.

The Journal sent a representative to this meeting to keep informed on a subject of interest to all people and of particular concern to women. The magazine sends representatives to lots of meetings like this one. At the Cosmopolitan meeting, Ladies' Home Journal neither signed anything nor agreed to any course of action. We never endorse candidates or positions. We think it is important that you know these things about our magazine.

We will continue to explore newsworthy subjects this way, because it is by keeping ourselves informed about what all people are thinking, saying and doing that we, with the greatest objectivity, can best inform our own readers. We want our readers to make up their own minds, and we want to give them all the facts possible so that they can make intelligent, informed decisions.

MOMS VS. MOMS

There seems to be a lot of bustling going on between working moms and stay-at-home moms [Parents' Journal, November]. Each group seems to think the other is condemning them.

I think we're missing the point. Being a parent is a tough job no matter what the situation is. Our goal is to be the best parents we can be. There are many paths we can take to reach that goal, and we should support each other no matter what route we choose.

—Liz Hunter, Fenton, MO

A BRAVE WOMAN TODAY

I just finished reading "My moment of courage" in the November issue. *LHJ* did a great job bringing us Ruth Ness's personal story. I felt I was with her every step of the way when reading about her experience in the crash of flight 232.

—Ann T. Bonifay, Pensacola, FL

A CHRISTMAS CHEER

I just received my December issue of *LHJ*. I had to tell you the cover is so appealing. Generally Christmas issues are very cluttered. This is a nice change.

—C. Willert, Schaumburg, IL

We know you've already packed up your ornaments, but while this holiday season is relatively fresh in your mind, we'd like you to share your ideas on how to make Christmas special. Send us your tips for yuletide entertainment, decorating, gifts and food, as well as strategies that helped you take the stress out of the season. Mail them by April 15, and we'll print the best in next December's issue.

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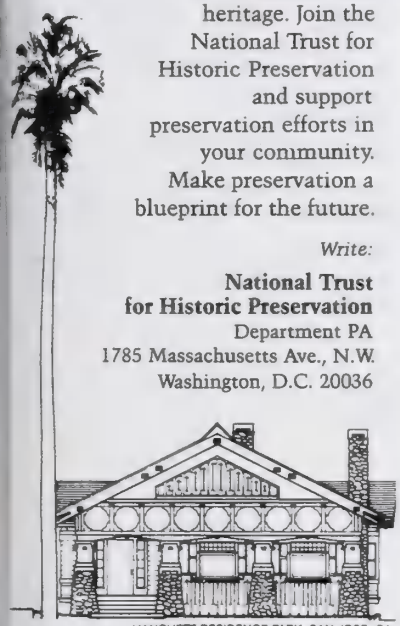
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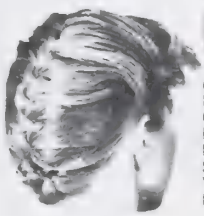
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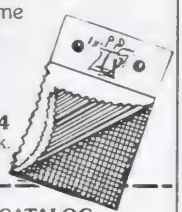
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UTY AND FASHION JOURNAL

35: All clothes, Anne Klein; bottom left—earrings, Les ard. **Page 36:** All clothes, Anne Klein; top—earrings, Les ard; middle right—earrings, Ben Amun. **Page 38:** Top -jeans, Forenza; shirt, Tommy Hilfiger; vest, Cecilia Meth- blazer, Basco; sunglasses, Optical Affairs; pins, Nancy Mar- ; scarf, N. Peal; rings, Mishon Mishon. Bottom left—barn t and pants, J. Crew; T-shirt, Hanes; cardigan, N. Peal; Hermès; cap, N. Peal; shoes, Cole Haan; pocket watch with os, Fragments.

BEAUTY REPORT

174-175: Left—sweater, William Kasper; earrings, d Gold Council. **Pages 176-177:** All shots—top and jacket, e Klein II; earrings, World Gold Council. **Page 178:** Left— t, Anne Klein II; earrings, Les Bernard; bracelet, Les Ber- ; rings, Mishon Mishon. Right—shirt and jacket, Kenzo; ngs and bracelet, Showroom Seven; glasses, Optical Affairs. **180:** Top right—blazer, Crisca; earrings, Fragments; elet, Showroom Seven; rings, Mishon Mishon.

HENS AND MENUS

184-187: Flowers, Twigs, 381 Bleecker St., NYC, 212- 8188; ceramic bowls, plate and pitcher, rag rug, Sweet Nel- 1262 Madison Ave., NYC, 212-876-5775; potholders, mitts, oped dishes, dessert dish, Gingerworks, 43 Church St., tclair, NJ, 201-744-1012; Kitchen design, Laurence Tamac- or Hammer & Nail, Wykoff, NJ, 201-891-5252; custom ca- try, Rutt, 1564 Main St., Goodville, PA. **Pages 188-191:** ers, Twigs (see above); table linens, pocket watch charger, noral Hunt china, King Charles Paisley coffeepot and acces- s, mahogany charger, Ralph Lauren Home Collection, 1185 nue of the Americas, NYC, 212-642-8700; leek pitcher, silver ng accessories, wooden bowls, clay pottery tray, Victoria's, . Park St., Montclair, NJ, 201-744-2929; antique pine chest, ABC Carpet & Home, 888 Broadway, NYC, 212-473-3000.

LAST LAUGHS

"NEVER UNDERESTIMATE THE POWER OF A WOMAN"

ROSE IS ROSE ® by Pat Brady



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Out of the mouths of babes

My health and diet consciousness has apparently rubbed off on my kids. When I offered my four-year-old some coffee cake, he asked, "Is it decaffeinated?"

—Kathleen M. Donald, Dublin, OH

A friend and I took my little daughter, Ellen, to a movie for her birthday. After we left the theater, while I was bundling up Ellen against the cold wind, my friend asked her how old she was. "I can't tell you," Ellen said. "I have my mittens on!"

—Rose Sands, Coral Springs, FL

My sister was using cold cream on her face when her seven-year-old, Melissa, asked her what she was doing. "I'm putting it on to make myself beautiful," my sister explained. Melissa studied her for a moment and asked, "Has it worked yet, Mommy?"

—Suzan L. Wiener, Spring Hill, FL

We'll pay, on acceptance, $50 for children's anecdotes and $100 for humorous poems. Send contributions to Last Laughs, *LHJ*, 100 Park Avenue, New York, NY 10017. Contributions cannot be acknowledged or returned.

THINGS PARENTS NEED THAT HAVEN'T BEEN INVENTED YET

Lunch boxes that scan tummies for sandwiches before releasing cookies.

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Automatic doorway lasers that zap every housefly the kids let in.

Litmus-test bath towels that change color when sour so we can avoid the dreaded "nose test." —LENNAE CRANE

Barbara Elliott Martin



COMING IN April

How to shape up your kids We teamed up with the President's Council on Physical Fitness for a report on children's health. Find out how to help your kids develop good exercise and eating habits to keep them fit for a lifetime.

On the waterfront The living is breezy: Meet three homeowners who chose a condo by the sea as an investment in a comfortable new lifestyle. Plus, tips on how they gave identical units individual style.

Bake-shop secrets Next time you crave the perfect sweet treat, forget the cake shop on the corner. We'll give you recipes for delicious homemade rocky road cheesecake, English tea scones and more.

L.A. women Life in sunny California demands a special beauty regimen for actresses Charlene Tilton, Faith Ford and others. They share the beauty and fashion tips that make up their super star style.

Plus, interviews with your favorite celebs, and lots, lots more! On sale March 13

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PLE PLEASURES
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BETTER THAN
AN OSCAR...
TOM WINS A "LADY"

OHNNY CAN'T RUN
report from the
ent's Council on Fitness

MERICAN COOKBOOK
hicken, meat loaf & apple pie

JAMIE LEE CURTIS
"I'M SASSY,
BUT I'M NOT WILD"

NG MISTAKES
NEVER MAKE AGAIN

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A PEEK INSIDE
THE ROYAL
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FERGIE

Her first baby didn't change her.
Will the second?

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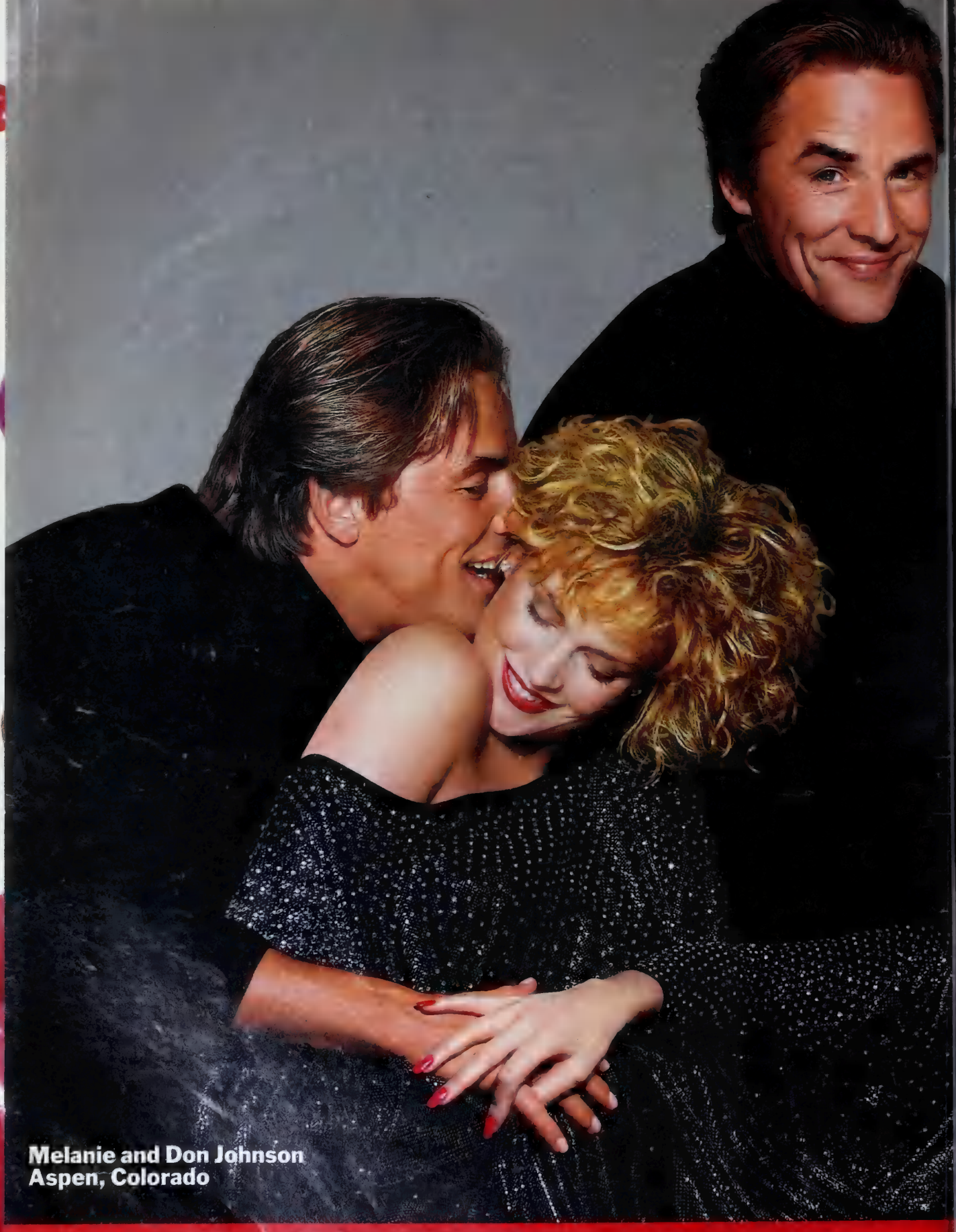


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LADIES' HOME Journal®

VOL. CVII NO. 4 APRIL 19

IN THE NEWS



28 • **A woman today: Patty's legacy** After her daughter died in a fiery school-bus crash, this mother vowed to help protect other children. *By Karolyn Nunnallee*

126 • **No way out** Hundreds of women are killed each year by obsessive ex-husbands and boyfriends. Why has the law failed to protect these helpless victims? *By Samme Chittum, Mark Bauman and Irene Nyborg-Andersen*

COVER STORY

155 • **Fergie gets real** She's about to become a mother again. Is the rowdy redhead finally ready to settle down? Plus, a peek inside the royal nursery. *By Susie Pearson*

160 • **The long road back** No one thought the Central Park jogger would survive her horrifying ordeal, but she's back in the running, thanks to advances in treatment for devastating head injuries. *By Ellie Grossman*



MUM'S T WORD PAGE 155

LHJ'S TOP FLICK PIC PAGE 50

SPECIAL SECTION: SAVE OUR PLANET

162 • **The state of the earth** On the twentieth anniversary of Earth Day, are w doing enough to protect the environment? A special report card on the progress w have—and haven't—made. *By Betsy Carpenter*

164 • **Valdez: How one family weathered the storm** *By Linden Gross*

224 • **Twenty-five everyday ways to help clean up our planet** It doesn't tal much to make these changes—your future could depend on it. *By Diane MacEacher*

PERSONALITIES

50 • **What's hot: Oscar meets the LHJ Lady** Join us as we present the first a nual Lady Awards. We've got a few categories Oscar might miss. *By Leslie Jay*

58 • **Viva Sophia!** A chat with the immortal Loren. *By Christopher Andersen*

66 • **Jamie Lee Curtis: anything but perfect** The sassy daughter of Tony Curt and Janet Leigh has found her niche with a new film and a hit series. *By Eric Sherma*

FAMILIES TODAY

82 • **Parents' journal** Are you too hard on your kids? Take our quiz and fi out. Plus: Ninja Turtles Pizza, and more. *By Mary Mohler and Margery D. Rosen*

144 • **The last taboo** It's not easy to talk to your parents about making a wi But a tactful discussion now can prevent bitterness later. *By Andrea Gross*

BODY AND MIND

89 • **Ready, set, go: how to shape up your kids** We teamed up with the Pres dent's Council on Physical Fitness for a special report on children's health. Find o how to help your kids keep fit for a lifetime. *By Curtis Pesmen*

Doubles Doubles! *lashes lashes!*



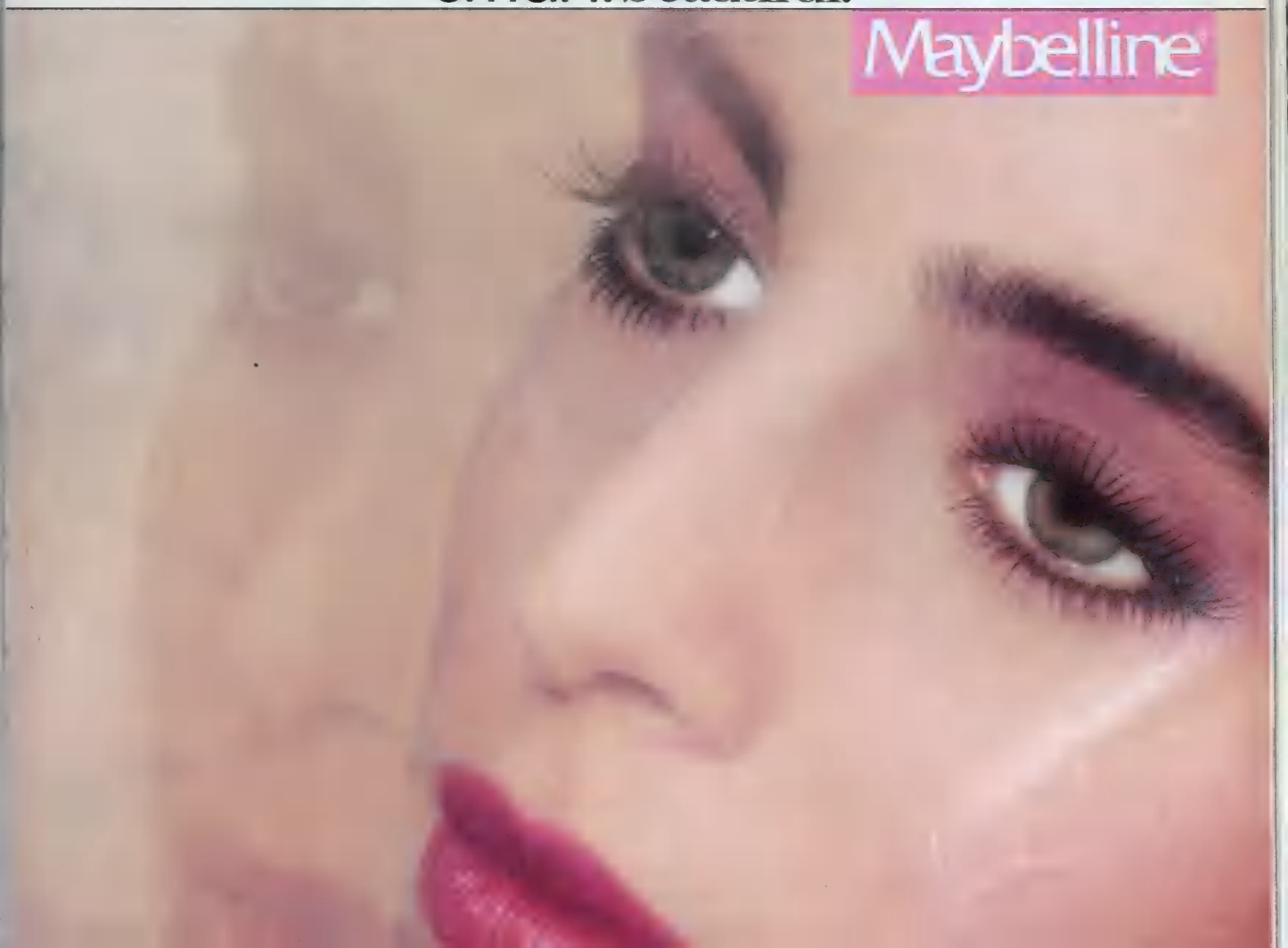
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CONVENTIONAL: (Pictured above.) Prepare as above. Bake at 350°F. for 25 min.; stir. Top with remaining onions. Bake 5 min.

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112 • **Medinews** The newest job hazard; women and alcohol; and more.

120 • **Personal journal** Enter the LHJ-Maybelline Lifetime Makeover contest; of mice and (wo)men; and more.

136 • **Simple pleasures** They're the best! Try these great low-cost ways to get away from it all.



BEST OF THE WEST
PAGE 172

FICTION

72 • **Boomerang love** You just keep going back to the places you love and the man you thought you lost. A bonus from the best-selling novel *Margaritaville.* *By Jimmy Buffett*

BEAUTY

39 • **Beauty and fashion journal** How to have young-looking eyes; style contest winners; and more.

172 • **California girls** Casual, classy—it's *the* look of the nineties. Susan Ruttan, Faith Ford and other celebs show us superstar L.A. style. *By Lois Joy Johnson*



LIKE MOM USED TO MAKE
PAGE 205

HOME

166 • **On the waterfront** Meet homeowners who chose a condo by the sea as a investment in a new lifestyle. Here's how they gave identical units individual style.

FOOD

183 • **Food journal** What's cooking in April.

184 • **100 low-fat foods** On a diet but still want to indulge a case of the munchies? Not everything is off-limits . . .

192 • **Bake-shop secrets** Specialties from the hottest bakeries across the country—rocky road cheesecake, Belgian chocolate snack cake, and more.

198 • **Fish stories** We've netted a prize catch from top restaurants to help you cook up perfect fish in a flash.

205 • **As American as apple pie** . . . and fried chicken . . . Take a trip down memory lane with these hearty home-style faves. *By Phillip Stephen Schulz*

210 • **The most-common cooking mistakes** You follow every recipe to the letter but your soufflé still flops? Top chefs share their saving graces.

216 • **Easy as 1-2-3**

218 • **Inside the Journal kitchen/Recipe index**

REGULAR FEATURES

18 • **Editor's journal**

20 • **Can this marriage be saved?** "My husband is having an affair! Why even "good" men stray. *By Margery D. Rosen*

234 • **LHJ travel planner**

238 • **Last laughs**

Go ahead. Switch

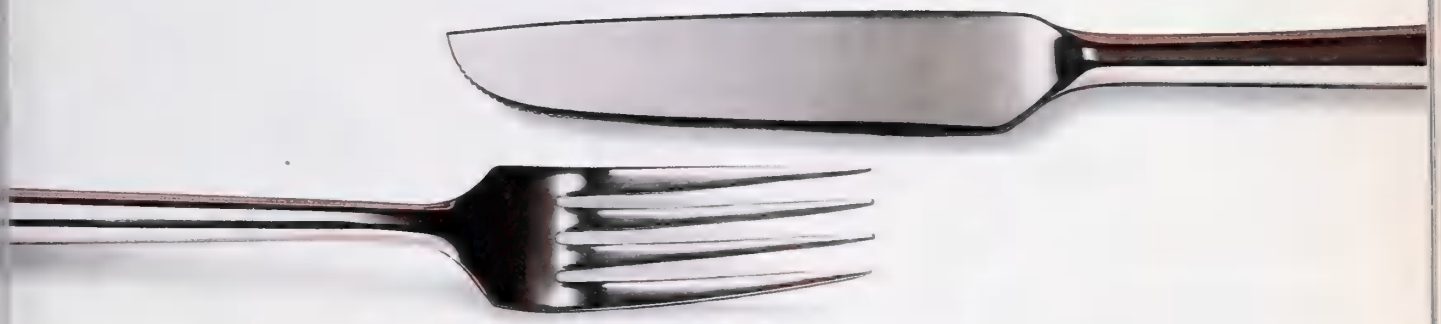
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EDITOR'S JOURNAL



IN THE NEWS

By Myrna Blyth

IN THIS FAST-CHANGING WORLD, IT ISN'T EASY TO KEEP A monthly magazine as up-to-the-minute as *Ladies' Home Journal*. But I believe that readers today really want to know what's new. Over the past year, *Ladies' Home Journal* has often made news because we have been the first to publish stories about important trends affecting women. We have also made headlines with interviews that, quite frankly, no other publication has been able to get. Our articles department deserves the credit for these successes. I thought you'd like to know a little more about these women and their impressive credentials.

Executive Editor Lynn Langway, who oversees this truly tireless team, has spent twenty-two years in journalism. A graduate of Northwestern's Medill School of Journalism, she won an award as the most promising graduate in magazine journalism. She has certainly fulfilled that promise, working for UPI in New York, as a Washington correspondent for the *Chicago Daily News*, as a senior editor for *Newsweek* magazine and as executive editor of *Newsweek on Campus* before coming to *LHJ* in 1988.

After graduating from college, Articles Editor Jane Farrell also worked for UPI in New York, which she calls the "Parris Island of journalism." "My heaviest day," she recalls, "was racing to the phone to dictate a story on the verdict in a murder trial, then going uptown to simultaneously cover a bombing and the St. Patrick's Day parade." Since coming to *LHJ* in 1984, her days have been only slightly less hectic. Health Editor Nelly Edmondson Gupta received a master's degree in journalism from New York University. She has been a feature writer for the New York *Daily News*, and has written for the *New York Post* and King Features. Entertainment Editor Jill Rachlin came to the *Journal* from *U.S. News and World Report*. She has also been a reporter at *Money*. Psychology Editor Pam Guthrie O'Brien joined *LHJ* five years ago with a degree in magazine journalism from the Newhouse School at Syracuse University.

At *LHJ*, these editors and the entire staff know that our job is to keep the magazine as exciting and contemporary as our readers are!



Meet the *Journal*'s newshounds (from left): Entertainment Editor Jill Rachlin, Psychology Editor Pam O'Brien, Executive Editor Lynn Langway, Articles Editor Jane Farrell and Health Editor Nelly Edmondson Gupta

READER CALL-IN DAY This month the articles editors will be at the phones on Wednesday, April 4, from one P.M. to four P.M. Eastern time. If you want to report a news story or just ask questions, give us a call. Remember, the call's on you. At the phones: Lynn Langway, 212-351-3684; Jane Farrell, 212-351-3683; Nelly Edmondson Gupta, 212-351-3680; Jill Rachlin, 212-351-3682; Pamela Guthrie O'Brien, 212-351-3681.

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CAN THIS MARRIAGE BE SAVED?



"MY HUSBAND IS HAVING AN AFFAIR"

Eileen's husband met the other woman at church. Why do even the nicest men stray? By Margery D. Rosen

Introduced thirty-seven years ago, "Can this marriage be saved?" is the most popular women's magazine feature in the world. This month's story is taken from interviews and information from the files of Evelyn Moschetta, D.S.W., and Paul Moschetta, D.S.W., a counseling team based in New York City and Bay Shore, New York. The story reported here is true, though names and other details have been changed to conceal identities.

EILEEN'S TURN

"Until last week, if you'd told me that my husband—the Cub Scout leader, the perfect Southern gentleman who doesn't have a mean bone in his body, the man who sings in the church choir—was having an affair, I would have laughed in your face," said Eileen, forty-two, her voice shaky and her eyes swollen from days of crying.

"We've been married for eight years—this is the second marriage for both of us—and in all that time, I swear there's never been one single problem. Marrying Russell was the most wonderful thing that had ever happened to me.

"I was raised in a small coal-mining town in Virginia. My father was killed in a train accident when I was in the sixth grade, and life was a struggle for my mother. We were poor, but we always had enough to manage. My family is extremely loving and warm and deeply religious.

"I was nearly eight years older than my brother and sister, and I took on a lot of the mothering roles. I was always the good girl, really responsible, the kind of kid who wouldn't go out to play on Saturday until the wash was done.

"After high school, I went to the state university, and when I was twenty, I married my high school sweetheart. Eric was the best-looking guy in the class and brilliant. He's a lawyer now. We were married for thirteen years, and he was physically and psychologically abusive to me and to our two boys—not every day, but six or seven times a year he'd go on a rampage and beat the daylights out of us.

"I filed for divorce three times. Though I knew that staying together for the kids was a bad idea, I couldn't leave. The way I was brought up, when you get married it's till death do you part. I kept thinking I was doing something that made him behave that way.

"Russell and I were good friends for years before we became involved. Actually, I was his boss—I worked as a research librarian in a college library; he went to music school during the day and worked as a custodian at night. I knew his first wife had divorced him after seven years. They had a very amicable split, and to this day she tells me how lucky I am; I think she's still in love with him.

"Anyway, as the years went by, I realized I was deluding myself. The day after I filed for divorce for the last time, I was feeling really down; I needed someone to talk to, so I gave Russell a call and told him everything. He was shocked; he'd had no idea *(continued)*

Tom Arma

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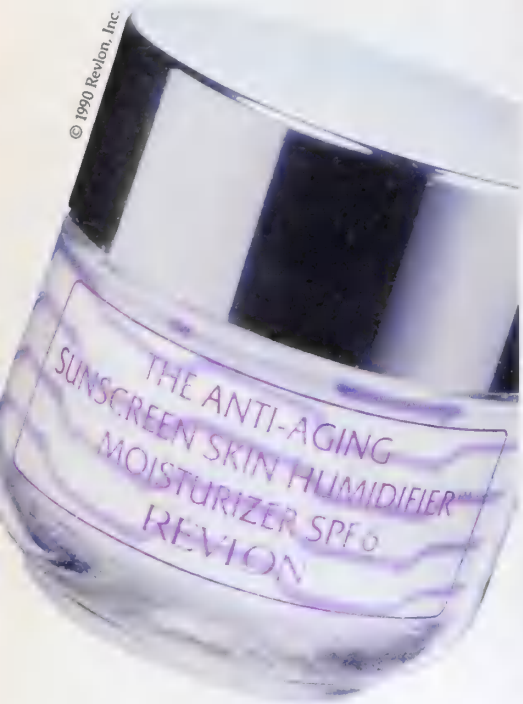


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CAN THIS MARRIAGE
continued

that things weren't absolutely perfect in my marriage.

"We started seeing each other, and our relationship grew intense pretty quickly. My kids adored him. After years of being terrified of their father, Russell was a miracle. We had a big wedding—on Valentine's Day, in fact—and it was beautiful.

"By this time, Russell was really getting serious about his music. He wanted to be an opera singer, so a few weeks after the wedding we quit our jobs and moved closer to where this famous teacher whom he wanted to study with lived. We bought a gorgeous three-bedroom house on a corner lot. Within a few weeks we both found jobs—Russell sold insurance during the day and took classes at night; I got a job at the local library.

"Everything was fine, though Russell had some problems at work. He quit his job because he was disgusted with it; then he got another selling job, but that didn't work out either. He kept changing jobs—once or twice more, I can't remember. He told me there was no growth at either place.

"After a while, he also gave up the idea of being a professional singer. Russell is so gifted, but he didn't think we could manage financially. He kept singing as much as he could, though—in the church choir and at weddings and funerals.

"Anyway, we couldn't afford for me to work only part-time—I was actually making a lot more money than Russell—so I kept my job, though I desperately wanted to spend more time with my boys. I also started going to school a few nights a week. It was tough, but I got straight A's.

"Like I said, things were really great. You can count on one hand the number of arguments Russell and I have had in the last eight years. You can't even call them arguments; we just have disagreements, usually over stupid things. Maybe I'll be upset that Russell spends so much time with his fishing club—he's a fly fisherman, and he'll often go off with his friends on weekends, or spend evenings in his workroom downstairs cleaning the rods or whatever.

"Since Russell also sings in the choir on Sunday mornings, we can never get away for a weekend, which I would dearly love to do. But he works so hard, and he travels occasionally for work—he needs to relax. I don't begrudge him that, though I'm pretty exhausted myself after working and cleaning the house. It would just be nice to go out to dinner or a movie. No, I've never said anything to Rus about helping out. Well, okay, ma once in a while I'll slip and say so thing bitchy like, 'It sure would great to get a little help around he But basically, I do everything.

"About a year ago, I started to th something wasn't right, but I coul put my finger on it. It's not like all sudden our sex life, which was alw fabulous, died down, or that we sta arguing or had financial problems I'd say, 'Russell, is there someth bothering you, is there someone el And he'd say, 'No, nothing's wrong

"You have to understand, my h band is the most honest human be you will ever meet. He will not lie. give you an example: If the ph rings at night and I'm too tired to t I'll say, 'Tell them I'm asleep.' He c do that. He'll say, 'I'm sorry, but s really too tired to talk right now. N she call you back?' So if he said eve thing was fine, it never entered mind to question him.

"But in my heart, I figured it something I was doing wrong. I sta reading all these books and asking self what I could do to improve. K the house cleaner? Cook more?

"Then, just last week, I was sitt in the yard. It was a beautiful wa day. After the mailman came, I sif through the mail, and for some rea I looked at the phone bill. I don't kn what possessed me to open that right then and there, because usual put it aside and let Russell deal w it. Well, I noticed there were a lo calls to this one number in the n town. I knew Russell didn't have customers there. I stared at the bill a long time and realized that a lo the calls were made when Russell out of town on business. Was he *rea* having an affair? I wondered.

"Immediately, I reproached mys What kind of a wife are you to e think such a thing? I thought. Stil went into the house to look at the phone bills we keep in the back of R sell's drawer. Sure enough, e showed several calls to the same nu ber, going back over a year.

"I had the operator check the nu ber, and she gave me the name a address of a woman I recognized someone in our church. Oh, my Goo thought, it's been in front of me this time and I couldn't see it.

"I drove to the church becaus knew Russell was going to choir pr tice that evening. I waited in the ca the parking lot until I saw him. I co tell by the look on Russell's face knew that I knew. I asked him if was having an affair, and this time said yes. I said, 'Do you love her?' A he said, 'Yes.' I *(continu*



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CAN THIS MARRIAGE
continued

said, 'Do you want to marry her?' and he said, 'I don't know.'

"I wanted to die. A lot of that night is a blur, but I know I started taking every pill in the house—of course, all I had was aspirin and a few diet pills.

"What did I do wrong now? I know it's hard to understand this, but I love this man so much; I can't let this relationship go. How can I help him?"

RUSSELL'S TURN

"I love my wife, and I know I need help," said Russell, forty-one, as he sank wearily into his chair. "How could I mess up my life so badly? How could I cause this woman, whom I love so deeply, so much pain? She deserves someone better than me.

"Eileen is special. Things just seem to come easy for her. She's a terrific mother, terrific at her job. She gets straight A's in her courses—I was always a poor student. And she has a zillion friends. I still have trouble getting close to people.

"I've always been a real loner. I was born in Alabama, and when I was eight my family moved to Ohio. My mother was a housewife, very religious, very soft-spoken and very subservient to my father, who was a truck driver, so he wasn't home much. When he was, Dad ruled the house as if he were king and everyone else was his servant. He drank a lot and ran around with other women, but my mother would never leave him.

"Mother was very strict with my two younger sisters, but anything I did was fine with her. I was the center of her world. She pampered me and watched over me like a hawk.

"I loved the outdoors and spent much of my childhood roaming the woods by myself. Music was my other love. I sang in the choir and was a member of all the student theater productions. My voice teacher in high school tried to convince me to make music my career—he told me I had a great tenor voice and as good a chance as anyone of making it. But I didn't want to work that hard, and I didn't believe I had the ability.

"I married my high school sweetheart and enrolled in the state university, but I flunked out after freshman year. Failure number one.

"Then I was drafted. It was during Vietnam, so I tried to join the Navy, but my blood pressure went sky-high and I was discharged after thirty days for hypertension. Failure number two. Soon after that, my marriage broke up. Failure number three.

"I didn't know what I was going to do with my life, but since everyo always told me I'd make a great sal man, I figured I'd try it. I found a selling life insurance. Failure numb four: Three months later, I alm went broke. I bounced from one selli job to another, but I kept getting fi because I couldn't keep up with paperwork. I had so many black ma on my record, no one would h me. I did construction work to ma ends meet, but when I was almost th ty, I thought, You enjoy music so mu let's see if you can make a living out it. I started taking classes at a mu school and got a job in the libra That's when I met Eileen.

"After her marriage broke up, started to see each other, and I knew was the best thing that had ever ha pened to me. Three months later begged her to marry me.

"Everything was going along j fine. Believe me, until this mess, been true-blue to Eileen. And I l her kids as if they were my own. Bu was still floundering, so I quit sch again, found another sales job and s tled for singing in a small opera co pany and in the choir. I thought abo how I was turning forty, and I gu all the failures in my life finally j wore me down.

"Then one day while I was singi in the choir, I noticed this gorgeo woman in the congregation was st ing straight at me. I was flattered her attention, so I went up to her aft ward and started a conversation. turned out that we were on the sa fund-raising committee at church; one else signed up, so it was just t two of us. One afternoon we we meeting at her house, and before knew it, we were in bed.

"I felt absolutely terrible, but, like addict, I kept going back for more started reminding myself of the thin that were wrong with my marria How Eileen would always nag me help out around the house. How g sex life was great, but with this wo an, well, it was fantastically excitin I'd see her maybe twice a week at motel or at her house before her k got home from school. She was a boo keeper, and she worked only in t morning; her husband was a work holic, so he was never home.

"I'll tell you this, though. While V erie was no match for Eileen, I cou talk to her in a way I could never ta to my wife. I'd tell her about my pro lems at work and how badly I felt th I've always messed up my life. H could I tell those things to Eileen? I married to Superwoman. Hell, s even makes more money than I do.

"But seeing Eileen try to kill h self . . . I'm so *(continued on page 2*

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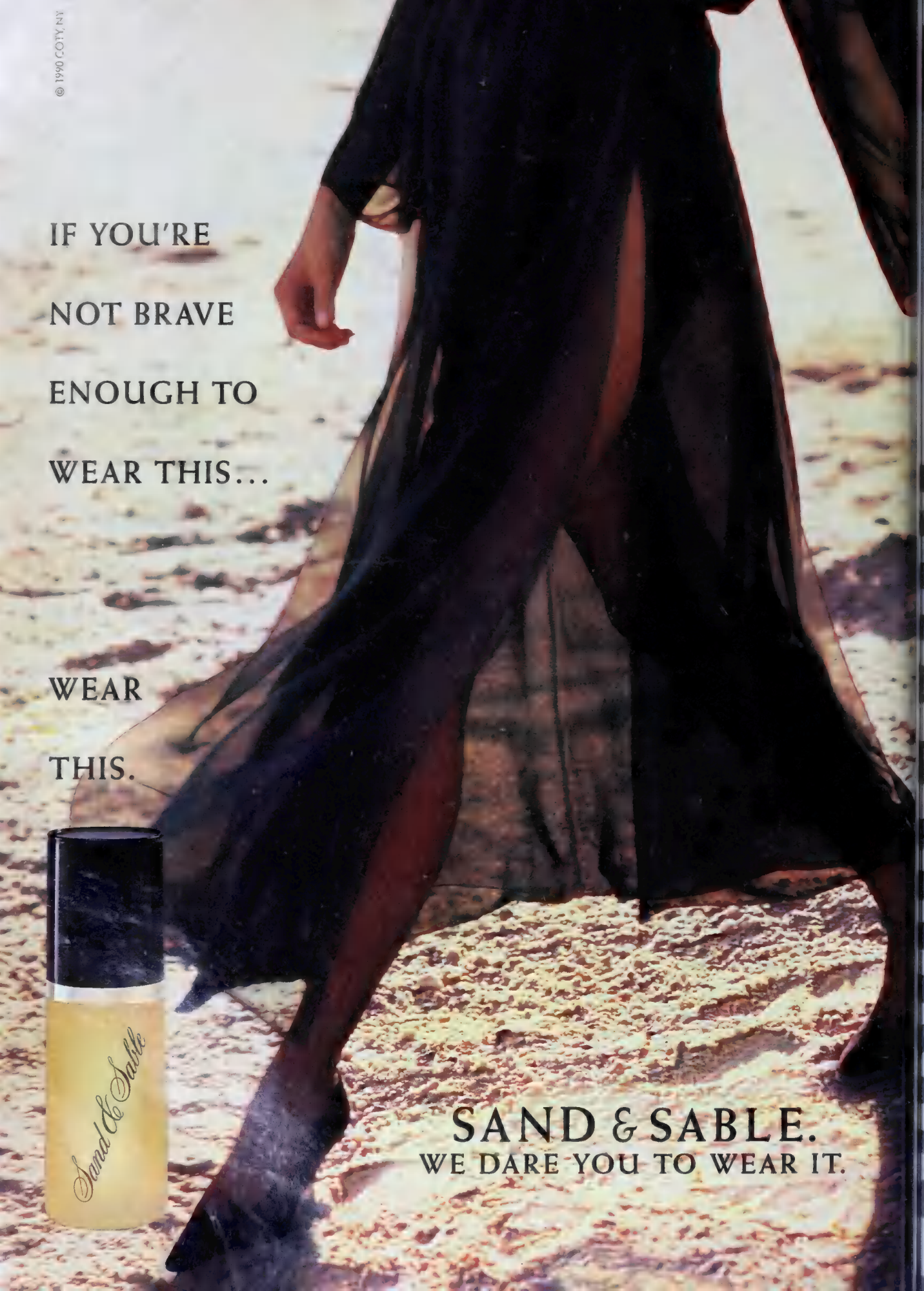
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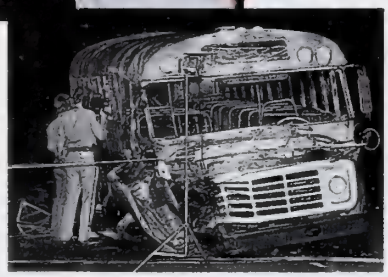
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COLOR THAT STAYS PUT.

A WOMAN TODAY





PATTY'S LEGACY

Almost two years ago, my daughter and twenty-six others were killed in a fiery school bus crash—the nation's worst alcohol-related accident. Now I'm working to make sure that such a tragedy won't happen to *your* child. By Karolyn Nunnallee

EVERYONE WHO KNEW HER thought ten-year-old Patty had so much promise: She was a straight-A student and had just been accepted into an accelerated-learning program at school; she was compassionate and generous, always sharing her possessions with her friends; and our neighbors in our small town of Radcliff, Kentucky, loved her. Like my husband, Jim, an Air Force Liaison Officer at nearby Fort Knox, many other residents were in the military, so the town of Radcliff was a friendly, close-knit community.

In early May 1988, Patty's best friend, Jill Williams, invited our daughter on a trip to Kings Island Amusement Park, near Cincinnati, with a group of kids from her church, the Radcliff First Assembly of God. The one-day outing would take place Saturday, May 14.

I spoke to Jill's mother, who told me that she was going as a chaperon and that everyone would be traveling on a school bus. "I'd really like Patty to come with us so Jill will have someone her own age. Most of the children are a little older," Mrs. Williams explained.

Jim and I agreed to let Patty go. She'll be perfectly safe on a big school bus, I thought.

A few days later my father called from Florida to tell me that my mother was critically ill. I made plans to fly to Florida right away; Jim would stay home with Patty and our younger daughter, Jeanne, who was six.

While I was gone, I called Jim every day. When we talked on May 14, Jim told me that Patty was on her way to the amusement park; he was to pick her up that evening. "She was so excited, she could hardly wait to go!" he said.

The next morning, I felt an overwhelming, inexplicable need to go to church. I attended the late service, and when I got back to my parents' house, Jim's parents were there. They lived nearby, so I figured they were just visiting.

Then I saw the grim look on my father's face, and I knew something terrible had happened.

"Daddy, what's wrong?" I asked.

He didn't reply. Instead, my father-in-law said, "Karolyn, there's been a horrible accident."

Immediately, I thought it was Jim. My husband flies F-111 fighter planes, and as a military wife I had prepared myself for a situation like this.

But my father-in-law said, "It's Patty. She was in a bus crash."

I was stunned. "Oh, my God! How badly is she hurt?" I cried.

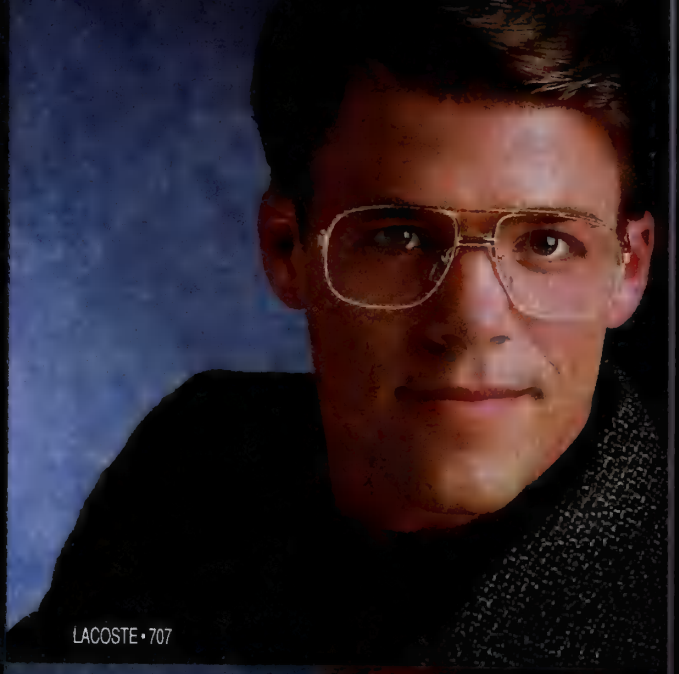
"We don't know," he replied. He explained that Jim had called with the news and hadn't been able to tell them anything else.

He said that according to the TV news, the bus had been hit by a pickup traveling on the wrong side of the highway. Almost instantly, the bus had burst into flames. There were *(continued on page 34)*

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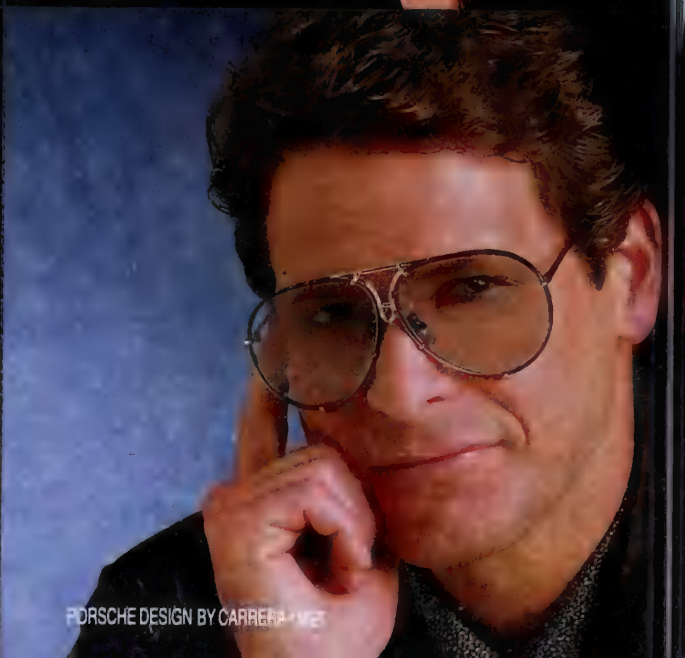

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A WOMAN TODAY

(continued from page 28) reports of many deaths, and many of the survivors had been severely burned.

I stared at my father-in-law, shocked. This can't be happening, I thought.

Please, God, let Patty be okay, I prayed. But if she's badly burned, and she's going to die, please take her now; don't let her suffer.

A few minutes later, Jim called back. He asked frantically, "Where are Patty's dental records?"

For a moment, I was speechless. Jim wouldn't ask for dental records unless the authorities needed them to identify Patty's body. In that instant, I knew my child was dead.

"They're at the dental clinic," I told him, trying to keep my voice steady. "Jim, where is Patty?"

"We don't know," he said.

As soon as we hung up I called the airport and made a reservation to go home that night. My mother-in-law offered to go with me, and I gratefully accepted. I felt numb, as if this were all a bad dream.

When we finally got to Radcliff, it was after three A.M., and Jim was asleep. I knew he was probably exhausted, and I didn't want to wake him up. My mother-in-law went up to bed, too, but I couldn't even think about sleeping. Instead, I turned on the TV and watched a news report of the crash. Horrified, I stared at the wreckage of the burned bus. The announcer was describing how the vehicle had become engulfed in flames almost instantly after the collision. Most of the dead were so badly burned, he said, that it might take days, even weeks, to identify them. The police were investigating the possibility that the driver of the pickup had been drunk. If so, this would be the worst alcohol-related crash in the nation's history.

No, I thought, as tears filled my eyes, this cannot have happened.

The next two days were agonizing. The authorities were still trying to identify the dead. We didn't want to tell Jeanne about Patty until we were absolutely sure, so we sent her to a friend's house. Most of the time, Jim and I just cried.

Wednesday morning we finally got a phone call from someone at the Radcliff First Assembly of God Church. We were asked to be at the church at ten A.M. At that time, the authorities would give us official notification about our daughter.

Driving to the church was one of the hardest things we've ever done. We had waited days to find out what had happened to Patty, but now we dreaded the news.

When we arrived, police officers escorted us into the church. A few minutes later, an official announced that chaplains from Fort Knox were present for the families of the victims. Then the coroner began handing out the death certificates.

I felt a stabbing pain in my heart as one of the chaplains gave me Patty's death certificate. Jim and I were both in tears as we stared at our daughter's name on that cold white piece of paper. All around us other families were weeping, too.

On the way home we picked up Jeanne. Then, as gently as possible, we told her that Patty was dead. Jeanne began to sob. "Why?" she asked us. "Why Patty?"

Jim and I began to cry again, too. We had no answer. All we could do was try to comfort Jeanne.

The next day the authorities told us all the details of the crash. They said that the driver of the pickup, thirty-four-year-old Larry Mahoney, had a blood alcohol content of 0.24 percent when he hit the bus, more than twice the legal limit of 0.10 in Kentucky, and that he had been driving on the wrong side of the highway. After the collision, the fuel tank caught on fire and the bus burst into flames, burning to death twenty-four children and three adults, including Jill and her mother. Forty people had escaped, but twelve were severely burned. Mahoney, who had been convicted of driving while intoxicated in 1984, was now being charged with twenty-seven counts of murder, forty-two counts of wanton endangerment, twelve counts of assault and one count of drunk driving.

I was outraged. Over and over, I pictured Patty in the inferno inside the bus. The thought of how she must have suffered was more than I could bear.

That Friday, Jim and I flew to our hometown in Florida to make the burial arrangements. At the funeral home, I stood in front of Patty's closed casket, holding Manfred, her stuffed dog. I wanted to touch her one last time, but the state medical examiner had advised against seeing her remains. "The children in these bags are not the children in your memories or in the photos in your wallets," he had told us and the other victims' families.

There are simply no words to explain what it's like to bury your young child. We would never hold our precious daughter again. She would never graduate from school or walk down the aisle on her wedding day. I felt angry and cheated.

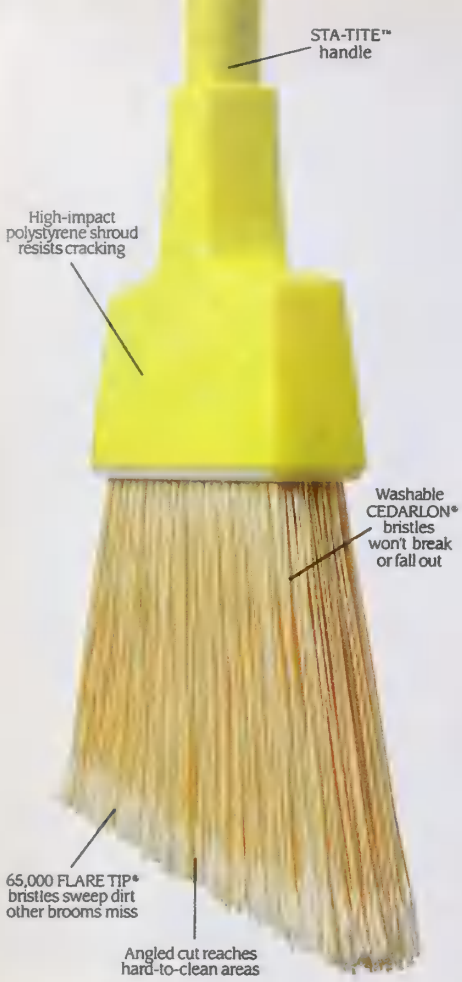
But our ordeal was not yet over. About two weeks after the crash, the medical examiner met with us and the other families to give us the results of the autopsies. He said that none of the children had died because of the bus crash—they had all perished as a result of the fire. The National Transportation Safety Board experts investigating the accident had determined that the bus was built in early 1977—before federal regulations went into effect requiring that gas tanks on school buses be protected by such measures as crash-resistant cages to prevent fuel leakage, which could lead to fire and explosion. During the collision, a part of the bus's front suspension system had broken loose, pushed the fuel tank backward about two feet and punctured it.

My husband and I would never be able to hold our precious daughter again. She would never graduate from school or walk down the aisle on her wedding day.

That's when our tears turned to anger. Because of a drunken driver and a seemingly unsafe school bus, our daughter was dead. Jim and I knew that we had to take action.

We hired our own attorney and began to pursue the possibility of a civil lawsuit against Ford Motor Company and Sheller-Globe, the comanufacturers of the bus. About two weeks later, our attorney notified us that the two companies were offering each victim's family money to ease our "pain and suffering." Jim and I were furious. What we wanted was for them to build safer school buses to help prevent another tragedy like the one that killed Patty. We decided that if Ford would agree to use its influence to have all pre-1977 *(continued)*


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A WOMAN TODAY
continued

school buses taken off the road and brought up to safety standards, and also to persuade other manufacturers to make new school buses as safe as possible, we would ask for only one dollar. (Sheller-Globe had stopped making school buses in 1980, so our proposal did not pertain to them.)

Our lawyer relayed our proposal to Ford. Representatives from the company met with us several times over the next few months, but they never gave us a concrete answer. By the end of the summer we were preparing to move to New Mexico, where Jim had been transferred, and we couldn't wait any longer. We told Ford that if we didn't hear from them by September 1, we were going ahead with a lawsuit. Ford then rejected our proposal. [*Editor's note:* Both Ford and Sheller-Globe state that the school bus they built met all state and federal safety standards. Ford says that based on investigations there is no guarantee that a fuel-tank guard would have made any difference during the crash.] So our lawyer set to work. We would seek compensatory damages for our loss, as well as punitive damages in hopes that we might be able to bring about the safety measures we wanted. We hope we can spare at least one other family the heartache we've suffered.

Just as important was to see that justice be served in the case of Larry Mahoney. Testimony in the trial began on November 20, 1989. Jim flew back to Kentucky to testify while I stayed home with Jeanne. We wanted to keep her life as normal as possible.

The day Jim testified, I received more bad news: My father had died of a massive coronary. I was devastated. In less than two years I had lost my daughter and both parents (my mother had died five months after Patty was killed).

Jim rushed home to be with me, and we monitored the rest of the trial from New Mexico. On December 20, after fifteen days of testimony, the jury began deliberating Mahoney's case. The next day they found him guilty of second-degree manslaughter, first-degree assault, first- and second-degree wanton endangerment and driving under the influence. They then recommended that he be sentenced to sixteen years in jail. That would make him eligible for parole in only eight years. Jim and I were outraged. How could a man who killed twenty-seven people serve as little as eight years in prison? That's less than four months per death. Was that all our daughter's life was worth?

But instead of letting our anger eat away at us, Jim and I have channeled our energies into two issues we ca something about. We joined Mot Against Drunk Driving (MADD) organization that offers victim a tance and works to inform the pu about the consequences of drunk ing. I helped start a chapter of the g in our town, and we both give spee to colleges, high schools, churches civic groups. We also meet with leg tors and ask them to support stro laws against drunk driving.

Jim and I run a twenty-four- answering service for MADD ou our house. We are available at times for anyone—if they've drinking and need a ride home, they're a victim of a drunk driver want to talk. Our goal is to pre anyone in our community from ha an excuse for drinking and drivin

I also work as a victims' assista the MADD Victim Impact Panel gram, counseling others who have a loved one in an alcohol-related c and talking to offenders. I explain my own life has changed becaus what happened to Patty, and ine bly everyone in the room—inclu me—ends up in tears. After t talks, I've had first-time offenders me, "I will never drink and d again."

Jim and I are just as committe the issue of school-bus safety. We members of the National Coalitio Seat Belts on School Buses, and speak out on safety issues. We w like to get all pre-1977 buses bro up to current safety standards. also like to see more emergency and flame-retardant seats bec mandatory on school buses. I ize these things will cost manufa ers money, but they *will* save l Such safety measures might have saved my daughter's life.

A few days before she died, P won a prize in a local speaking con In her speech, "Destiny: Choice, Chance," she said that the most im tant thing all of us could do wa learn from our mistakes as well a mistakes of others. She added sometimes it takes negative cir stances to help bring about a pos change. I think of that speech e day, and I try to put to use wha daughter said. And I can only that in my crusade for a safer wor part of Patty lives on.

To locate a chapter of Mothers Ag Drunk Driving in your area, call 268-6233; for victims' assistance, the national Victims' Hotline at GET-MADD. To find out more a the National Coalition for Seat on School Buses, write to the g at P.O. Box 781, Skokie, IL 60076

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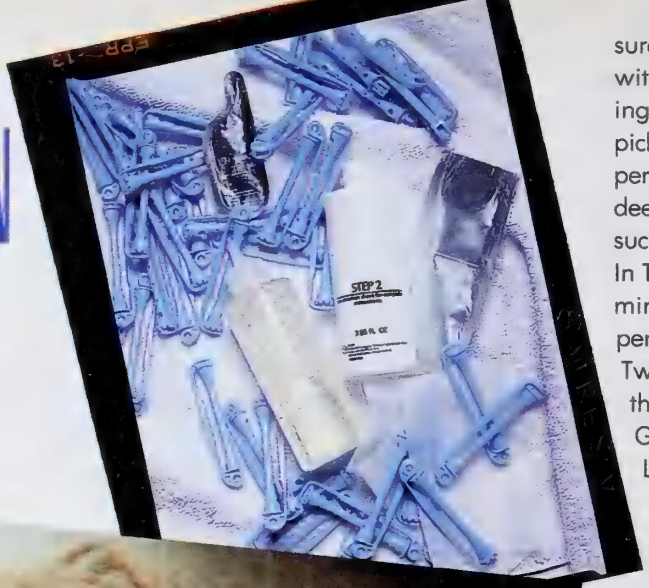
BEAUTY & FASHION JOURNAL

A wealth of witty and wonderful ways to ring in the spring with nonstop style



The Scottish balmacaan style is right as rain. The newest versions are mid-thigh to just above the knee. This topper is great for petites and for curvy bodies that benefit from the shape-sleekening simple lines. Styles range from the classic balmacaan, top, to a trendier version, above, with bat-wing flap pockets and a swingy shape. Beige balmacaan of rubberized cotton, Agnes b.; skirt, Marithé & François Girbaud; yellow pullover, Fenn, Wright & Manson; rubber boots, Gardener Gates; hat, Madcaps; hose, Hue. White balmacaan, Zang Toi; green pullover, Benetton; black leggings, Dance France; rain crusher hat, Eric Javits; sneakers, Keds.

If you own just one raincoat, make it a trench. This classic looks perfect with everything from tailored suits to jeans. Beige is the most popular shade, but olive and black are great choices as well (especially to wear at night). Look for a removable lining and a roomy fit. A longer length gives more coverage, but lightweight mini-trench coats are very chic for the spring and summer. Trench, Aquascutum; waterproof boots, Anne Klein; jodhpurs, British Khaki; blouse, Burberry; yellow vest, Kaufman's; scarf, Aquascutum. ▶





CURLY CUES

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■ Two weeks ahead, get a trim and start conditioning hair regularly. ■ Right before perming, apply an instant conditioner like L'Oréal Ultra-Rich Instant Conditioner to hair ends to protect them. ■ You may have to purchase rods separately. Choose rubber or plastic, never metal. ■ Always perm hair in a well-ventilated room—the kitchen may be better than the bathroom. ■ Hair should be wrapped around rods at least twice. You'll need to use smaller rods where hair is shorter. Wrap hair neatly but comfortably around rods; don't wind too tightly. ■ If your hair is very fine, never use really small rods. ■ If hair is long, use as many rods as possible and roll very narrow sections of hair. ■ Have a water spritzer on hand to mist ends before applying sponge end wraps and wrapping hair around rods. ■ Apply fresh cotton and petroleum jelly around hairline after applying the waving lotion. ■ Be sure to saturate curls completely with neutralizer. ■ After perming, let hair air-dry. Try using a pick comb to add volume. ■ If perm comes out too frizzy: Apply a deep penetrating conditioner, such as Clairol condition* II Leave-In Treatment, for fifteen to twenty minutes. ■ Regular trims help perms last longer and look fresh. Two great products that help keep the curl: L'Oréal New Studio Line Gelling Curls and Vidal Sassoon Liquid Gel. ■ Allow six to ten weeks between perms. ■ Look for shampoos and conditioners created especially for perms. We like Revlon Flex for Permed Hair Shampoo and Conditioner and New Rave Professional Formula Shampoo and Conditioner #4 for permed, color-treated and heat-damaged hair.

Our panel of experts: James Viera, vice-president/corporate technical director of L'Oréal; Chuck Abbott, consumer researcher for Lilt; Lynne Brooks, technician, hairstylist and member of Beauty Care Council for Lilt; Lou Roppolo, Revlon Professional Products senior vice-president of marketing; Bryant Renfroe, hairstylist and spokesperson for Ogilvie.

FIVE AT-HOME PERMS TO TRY:

***Ogilvie Precisely Right (For a how-to videotape, send $8.99 with proof of purchase to: Ogilvie Precisely Right Body and Styling Wave Video Offer, 50 Leyland Drive, Leonia, NJ 07605)**
***L'Oréal Premiere Perm**
***Lilt Home Perming Kits**
***Gillette's Epic Waves: Try-On Perms, Adaptable Perms and Anytime Perms**
***Revlon's New Perfect Touch Professional Results Styling Perm**



Top and bottom photos, Nesti Meridoza; middle, L'Oréal. Model, Nancy Donahue of Elite.

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Your skin has had a long, hard day.
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a night of Rest & Relaxation.
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from looking younger in the a.m.

Why grow old gracefully?
Fight it with
Night of Olay.





SHE'S GOT STYLE

Superstar Jaclyn Smith has a flair for fashion—and so do five LHJ readers! They won our Style Search contest that appeared in the October 1989 issue. First prize went to Rose Batka, of Orland Park, Illinois, who won a weekend for two in NYC plus a complete spring wardrobe from the Jaclyn Smith K mart collection. Here, fashion ideas from Jaclyn, plus our readers' style-smart tips

Jaclyn Smith's fashion advice

■ I love wearing classic separates. Tailored blazers, trousers and straight skirts make up a perfect basic wardrobe and are your best investments because they never go out of style. I don't buy eccentric clothes that will be outdated in a year. ■ Black is one of my favorite colors. It's versatile and flattering, and can be dressed up or down with accessories. For a new look, team your black jacket with a bright tank—I opt for red or blue. ■ Mixing textures is an easy way to add interest to any wardrobe, even a neutral one. For instance, try wearing a nubby blazer over a silky tank. ■ Comfort is just as important as style. The good news today is that all the fashion options are comfortable and chic—like trousers, walking shorts, and skirts in any length you like.

OUR READERS' BEST TIPS

■ "When I need to buy a blouse to match a skirt, I never bring the item to the store—I use color cards from the local paint store. Now my matches are always perfect!" —Rose Batka, Orland Park, IL

■ "I fasten a pin to the back of my baggy sweaters and jackets at waist level. The pin gathers the material, creating a sparkling and eye-catching peplum." —Maureen Gallagher, Atlantic City, NJ

■ "Replace the buttons from a cardigan sweater with pearls or rhinestones, add silver or gold braid to the cuffs, and pair the sweater with a silky camisole and fluid skirt." —Nancy Kirkpatrick, Evansville, IN

■ "I made a workbook with simple sketches and color swatches of my clothes, then I played match-up to find new wardrobe combinations. Now it's easy to visualize what I need to buy. I can even bring my workbook on shopping trips!"—Patience Merriman, Clifton Heights, PA

■ "Try wearing vintage accessories with office clothes. I regularly visit Goodwill, where I pick up one-of-a-kind rhinestone and Bakelite jewels, as well as great old scarves." —Wendy L. Wilson, Elmhurst, IL

Photo, Charles Bush. All clothes, Jaclyn Smith's Spring 1990 K Mart Collection. Hair and makeup, Alfonso Noe.



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MINI-GUIDE TO GORGEOUS EYES

WE ALL KNOW THE EYE MAKEUP BASICS BY NOW, BUT YOU MAY NOT KNOW THE TRICKS THAT MAKE YOUR EYES TERRIFIC AND YOUNG-LOOKING. WE ASKED TOP MAKEUP ARTISTS AND MODELS FOR THEIR SECRETS

■ Can I make my brows thicker?

The best way to **fatten skimpy brows** is with an eyebrow pencil in your natural brow color. Use short, feathery upward strokes. **BRUSH-BLEND** pencil strokes to keep the look real. Add fullness by fanning brows up with a gel groomer. If your brows are overplucked, consider bangs to camouflage them.

■ What about circles and bags?

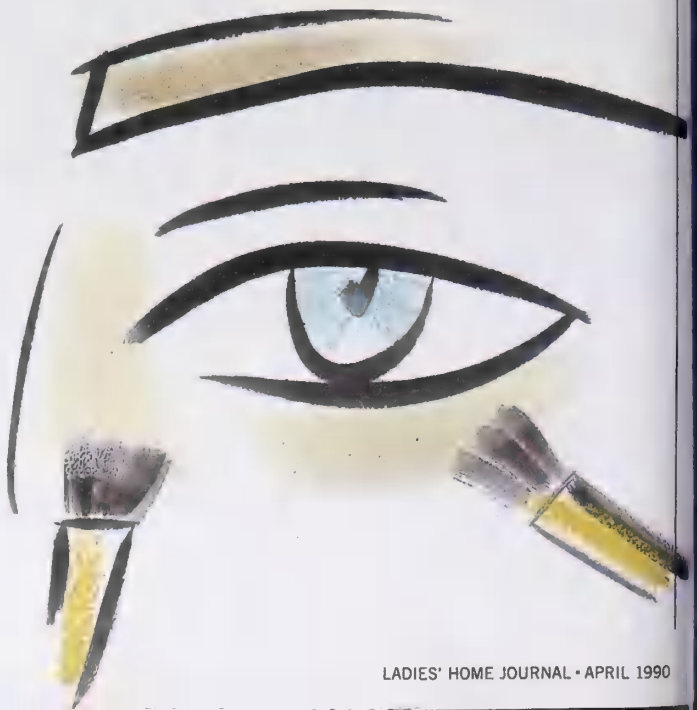
Use **concealer** one shade lighter than skin tone for dark circles, a shade darker than skin tone for puffy bags. Always apply coverup after foundation so it stays put.

■ I want lush, smudgeless lashes

Prime lashes with powder, then apply a thin base coat of mascara. (Apply other makeup while it's drying.) Get wand as close as possible to roots of lashes. Start with a tiny **ZIGZAG** motion and roll up to lash tips (this way mascara is always thickest at base). Avoid clumps by **combing through** while lashes are still wet.

■ I wish my eyes were huge!

Using **LINER** is key. Frame eyes with pencil along upper lashes and *(continued)*



VANDERBILT

Gloria Vanderbilt



Let it release the splendor of you.

BEAUTY & FASHION JOURNAL



(continued) outer half of lower lashes. Softly **extend and blend** so lines meet in a sideways V. What pencil to choose? Be sure it's a deeper shade than eye color but not black, unless eyes are very dark. Surround eye with matte eyeshadow — **SAME-SHADE** shadow and liner gives a dramatic but natural effect. Apply shadow directly over pencil. Shadow should be most **intense at lashline** and fade softly over rest of lid. Blend shadow from lashline toward crease and under lower lashes. Then sweep on three coats of black mascara.

■ Which colors are for me?

If you're not sure what makeup shades are right, here's a no-fail clue: Matte **NEUTRAL** shadows flatter every eye color, always look classy and are **mistakeproof**. If your eyes are blue or gray, choose earthy browns, rusts, charcoal; green and hazel eyes look best with copper, apricot, gold, gray, brown; and dark eyes should pick mauves, taupe, olive, khaki.

■ My eyes always look tired.

Here's how to make saggy, lined, tired eyes look fresh: Reduce puffiness with a cool **GEL** eye treatment. Curl lashes, then apply mascara on **upper lashes only**. Push brow-bone back with blusher or soft brown shadow. Firm up eye contours with liner—widen line slightly toward outer corner. Stick to **COOL SHADOWS** like mauve-gray and smoky blue—avoid reddish shades.

■ Know any pro application tips?

Use the **right tools**. Brushes give softer color, and sponge-tip applicators provide stronger color (they're best for small areas, like lining under eyes with shadow). **BLEND** all makeup. Dip a brush in loose powder, tap off excess and blend over makeup to **soften** any edges. Keep tools and applicators clean to avoid muddying colors. Have cotton swabs and nonoily makeup remover on hand for instant retouches.

OUR FAVORITE NEW EYE TREATS

■ Coty's Optical Illusion Eye Rimming Pencils: in Brightening White for all eyes; Brightening Blue for blue/gray eyes; Brightening Green for green/hazel eyes; and Brightening Lavender for brown eyes. ■ Maybelline's Cake Mascara (developed in the 1920s and brought back by popular demand!) in Sable Brown and Velvet Black. ■ Max Factor's Stretch Extra-Lengthening Mascara (a special brush surrounds each lash with mascara and cleans up excess) and Brow Tamer in Colors—to condition, separate, shape and color brows in tints of Blonde/Light Brown and Brunette. ■ Neutrogena Eye Makeup Remover Gel, an oil-free remover that's applied with fingers, rinsed off with water. ■

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New Turning Point™ Eyeliner



New Self-Sharpening Turning Point Eyeliner brilliantly turns technology into state-of-the-art control: the tip reshapes itself to a perfect soft point every time. No shavings. No hassle. No kidding!

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IF A SIDE-BY-SIDE COMPARISON IS WHAT IT TAKES TO PICK OUT THE LOWEST...

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MENTHOL
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WHAT'S HOT

Tired of watching—and watching—the Academy Awards until all hours, only to find your favorites were overlooked? So are we. That's why *Ladies' Home Journal* created the Lady, our answer to Oscar, which recognizes the categories he somehow misses. Star turns and burnouts, sizzlers and fizzlers, these are the ones that we think were most notable in 1989.

BY LESLIE JAY



OSCAR MEETS THE LHJ LADY

BEST WEEPIE, MALE





FIELD OF DREAMS. **This baseball film clinched the division early on. Kevin Costner, as the farmer who turns his cornfield into a ballfield, made even strong men sob—proving that diamonds are also a guy's best friend.**

BEST WEEPIE, FEMALE





STEEL MAGNOLIAS. Back on the soggy soil of *Terms of Endearment*, we find another doomed young mom. This time Sally Field, Dolly Parton, Shirley MacLaine and Julia Roberts make us cry.

BEST BABY PICTURE





LOOK WHO'S TALKING. **Wild things come out of the mouths of babes, particularly ones who talk—in Bruce Willis's voice—about sex and dating. Honorable mention: *Parenthood*, for baby and kid talk galore.**

Statue created by Michael Lokensgard, photographed by Todd Merrill Hairman. Details, page 236.


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AMATICALLY FULLER,
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This isn't just lipstick color. It's a new lipstick creation. A breakthrough formula that absorbs light to create an incredible semi-matte texture.
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And they stay that way. After 6 hours of wear the color is still precisely where you put it, feather-free and full of life.
MAX FACTOR
Shade shown is Refined Rose. © 1989 Max Factor & Co. Available in Canada.
NEW DEFINITION
LIP COLOR

WHAT'S HOT

FUN COUPLE OF THE YEAR



ANDIE MACDOWELL and PETER GALLAGHER, *sex, lies and videotape*. A homemaker has a few gripes about her mate. He didn't ask before inviting a pal to dinner. He criticizes her cooking. And, oh, yes—he's sleeping with her sister.

BEST ASSUMED ACCENT



EMILY LLOYD, *Cookie*. Second Best: Emily Lloyd, *In Country*. Moving in on Meryl in the Streep sweeps, this young Brit talked New York-ese for *Cookie* and Kentucky twang for *In Country*.

BEST FOREIGN LANGUAGE FILM



BILL AND TED'S EXCELLENT ADVENTURE. Parents of dudes beware: This teen flick is so heavily peppered with slang, it should be re-released with subtitles in standard American English. Like totally awesome.

BEST DEJA-VIEWING



***LETHAL WEAPON 2* and *BACK TO THE FUTURE II*. We hold this truth to be self-evident: that most hits are created sequel. Dishonorable mention: *Star Trek V*, *Ghostbusters II*.**

BEST HAIRSTYLE



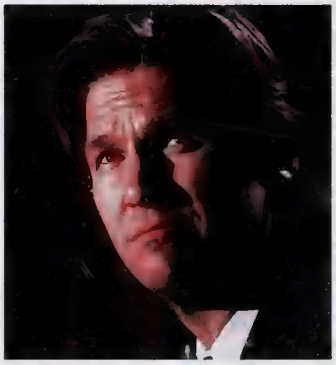
THE BEAR. The oh-so neatly groomed co-stars of *The Bear*, ursine buddies Bart and La Douce, experienced some fur-raising adventures while setting new standards for natural, easy-care coifs.

BEST SIZZLE, FEMALE



ELLEN BARKIN, *Sea of Love*. Shoe-store manager Ellen Barkin knocks the socks off cop Al Pacino in some of the hottest love scenes since *Body Heat*. Honorable mention: Michelle Pfeiffer, "Makin' Whoopee" in *The Fabulous Baker Boys*.

BEST SIZZLE, MALE



JEFF BRIDGES, *The Fabulous Baker Boys*. Bridges puts aside his usual cool to do a sexy slow burn as a lounge pianist. Fabulous is right!

BEST SPECIAL EFFECTS



***DEAD POETS SOCIETY*. For finding a way to make audiences believe that teenage boys can actually become passionate about the works of Wordsworth, Byron, Tennyson and Keats.**

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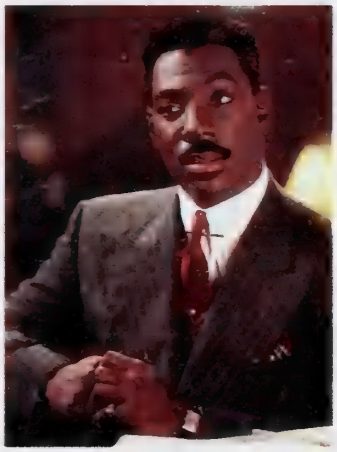
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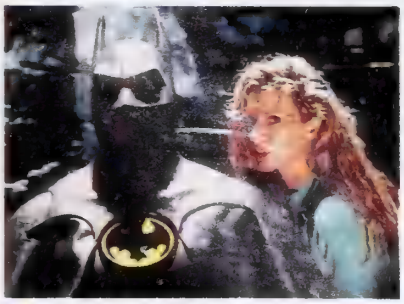
WHAT'S HOT

BEST SELF-PROMOTION



EDDIE MURPHY, *Harlem Nights*. By writing, producing, executive producing, directing and starring, he earned more credits (and bad reviews) than some filmmakers do in a lifetime.

BEST SCREAMPLAY



KIM BASINGER, *Batman*. Among many high-decibel entries, Kim cries out for special attention. Dangling at the end of Batman's rope—and her own—she's at a loss for words. We understand what she's saying, though.

BEST DELI ORDER



WHEN HARRY MET SALLY. Meg Ryan cops top honors for voicing the year's most uninhibited enthusiasm. But still we wonder—just how was the corned beef? And does this place deliver?

BEST ACHIEVEMENT IN MAKEUP



THE BRILLIANT COSMETICIAN who made Tom Cruise look less than dazzling in *Born on the Fourth of July*. Cruise—powerful as a disabled Vietnam vet—graduates from all-American boy to all-American man.

BEST SCENE-STEALER



THE STATUE OF LIBERTY, *Ghostbusters II*. Proving that a woman doesn't have to say a word to upstage everyone else on the screen.

BIGGEST FIZZLE BY A FEATURED PERFORMER



TO OUR DISMAY, so many of our favorite actors stalled out this year that we ended up with a four-way tie. And the losers are: Patrick Swayze for *Next of Kin* and *Road House*, Clint Eastwood in *Pink Cadillac*, Tom Selleck for *Her Alibi* and *An Innocent Man*, and Paul Newman for *Fat Man and Little Boy* and *Blaze*.

BEST APPEARANCE BY A MAGAZINE IN A MAJOR MOTION PICTURE



LADIES' HOME JOURNAL, in *She-Devil*. Last year, the country's oldest continually published women's monthly moved from the mailbox to the box office. Look closely or you'll miss it: While Roseanne Barr pushes her shopping cart through the supermarket, her daughter whips out a copy of *LHJ* and reads off a few suggestions for keeping a marriage alive. Turn to us sooner next time, Roseanne. ■

Right now, Gloria Wood is sending money to her daughter in San Diego.



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Five minutes ago, Gloria's daughter Amanda alled from college. Seems the transmission in ne old convertible had just given out on the free- vay. So Gloria is fixing everything right away. She's calling Western Union.

Thanks to Western Union's Call-Cash Service,℠ ou can send money by phone to any one of ur more than 14,000 Western Union agents n the country (conveniently for Amanda, here are more than 50 in San Diego alone) and charge it on your Visa® or MasterCard.®

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golden retriever is admired by tsmen for its superior intelligence tracking ability. But it's the ani- friendly disposition, even erament, and thick, beautiful which have made the golden ever a favorite family pet.

Now, acclaimed artist Bob Christie devoted his considerable talents noring this classic sporting dog. result is "Golden Retrievers," an om-quality work, sure to be trea- l by anyone who admires this n-loved sporting dog and pet.

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Golden Retrievers" gains further ficance as the premiere issue in a landmark collection entitled *Classic Sporting Dogs*, which honors eight favorite sporting breeds, including the Irish Setter, Labrador Retriever, and others. Each issue will be enhanced with a generous 23K gold border, hand-numbered on its reverse, accompanied by a same-numbered Certificate of Authenticity, and limited to a total of 14 firing days.

As an owner of "Golden Retrievers," you have the right — **but no obligation** — to acquire the remaining plates in the collection, as presented. Furthermore, our **100% Buy-Back Guarantee** assures that you may return any plate for a full refund within 30 days.

Considering the appeal of this art — and the popularity of Bob Christie's limited-edition prints — competition to acquire "Golden Retrievers" should be quite strong. Applications will be processed in order of receipt, so send yours today!

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Accept my reservation for _____ (1 or 2) "Golden Retrievers" at $24.50* (plus $2.48 shipping and handling) each.

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star

Viva Sophia!



They simply don't make movie stars like Sophia Loren anymore. Slim and sultry at fifty-five, the Oscar winner talks about her fame, family and future

By Christopher Andersen

When last we spoke, Sophia Loren was about to turn forty-five and was looking back on a lengthy career of more than seventy movies, including *Two Women* (for which she won an Academy Award in 1961), *Marriage Italian Style* and *Houseboat* (with Cary Grant). That was ten years ago. Since then she has served seventeen days in an Italian jail for tax evasion, published two best-selling books (her memoirs *Sophia Living & Loving: Her Own Story* and *Women and Beauty*), lent her name to a perfume, acted in feature films, appeared in *Sophia!* and *The Fortunate Pilgrim* for television, launched a line of designer eyeglasses and celebrated the thirty-third anniversary of her marriage to Italian producer Carlo Ponti, seventy-six.

At fifty-five, Sophia Loren shows no sign of slowing down. "I feel more excited than ever about my life," she says from her home in Geneva. "I'm enthusiastic about being a mother and about my career. I love acting so much that each time I start a film it's like the first time, and I'm scared to death. But that's what keeps you young and passionate." *(continued)*

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star



On her fifty-fifth birthday, Sophia posed in Valentino at the French Embassy in Rome

(continued) A decade ago Sophia amazed me by calling herself an amateur—a description she insists is still valid. "I never really studied acting," says the woman who made her debut on screen at fourteen as an extra in *Quo Vadis*, "so I have never really felt like a professional. When I come through rather well in a film, it always amazes me. I look at the screen and say to myself, 'Hmm, not bad. Not bad at all.' "

Loren faced one of her greatest professional challenges last year, when she reprised her 1961 Oscar-winning role in a European television remake of *Two Women*. "The first time, I was twenty-five and played the mother of a fifteen-year-old girl," she recalls. "Now I feel much more in tune with the character, better suited to the part. Besides, I like being in competition with myself."

She also likes to compete in the marketplace, though Loren denies she is a businesswoman. "Always I am an amateur," she says of the fragrance and eyewear businesses that have made her something of a miniconglomerate. Sophia, who wears her own brand of eyeglasses, retains creative approval of all her products. "I will never be a real businesswoman, because I was not born for it. You have to be tough, but I'm not. And I'm so glad I'm not. I'm a dreamer."

Ironically, Loren says her fame ends at her own front door. Sons Carlo, Jr., twenty-one, and seventeen-year-old Edoardo find it hard to believe that Mom is an international celebrity—despite the fact that after Loren suffered four highly publicized miscarriages, their arrival made front-page news. "To children," she explains,"a mother is always boring. They say, 'Are you sure you're a movie star?' At home, I play Scrabble, watch the news on television or maybe rent a video. You know, I'm just . . . normal."

Indeed, when she talks about her beloved sons, Loren sounds just like any other parent. "Being a mother is a very difficult profession that nobody trains you for," she says. "The secret is to make them feel as if they have some independence—but always watch from the shadows and be ready when they need you."



Loren's philosophy seems to have worked. Serious, introspective Carlo, Jr., is studying classical piano at a college in Southern California. Edoardo, the more outgoing of the two, attends a private school in Switzerland and hopes to follow his celebrated mom into the movie business. Five years ago, he acted with her in the film *Aurora*; now young Edoardo has his sights set on being a film or television director.

But if Loren is a homebody, it is on a global scale. She divides her time among six residences: a house in Geneva, a Roman villa, a ranch in California, apartments in Paris and New York, and a condo on Florida's Williams Island. Not surprisingly, she and husband Carlo, who frequently travels with her, spend much of their time just commuting from one venue to *(continued)*

Reginald Davis

LOSING WEIGHT by Cristina Ferrare



Cristina Ferrare: Slim and Looking Great!

I lost 25 lbs. 3 months... ıd I feel terrific!"

Cristina Ferrare

I went from size 14 to :e 10."

:n when I was a model, I always worried my weight. I tried all kinds of diets...but l left me feeling tired and depressed. This I had a beautiful baby and in May I still pounds to lose. Honestly, I didn't know if I lo it.

I discovered Ultra Slim-Fast... amazed how easy it was.

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amazed at how energetic I felt.

a Slim-Fast is healthy and nutritious. Each gave me an abundance of vitamins, minerals, , important fiber and carbohydrates. This nally balanced program gave me all the I needed to keep up with my hectic sched- nd my four children.

of all, I actually went from a size 14 to a size nd I haven't felt this good since I was 22."



ina Ferrare may not be typical of the average Slim-Fast user. Most users need veight. Weight loss varies with the individual depending on a variety of factors.

Cristina's Diet Recipe = Ultra Slim-Fast + Imagination.

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1/4 cup banana
3/4 tsp. coconut extract
1/4 tsp. rum extract
1 pack lo-cal sweetener
10-12 Ice cubes
Blend until smooth.

Mocha Creme

8 oz. skim milk
1 heaping scoop Ultra Slim-Fast Chocolate
1 1/2 tsp. instant coffee
1 1/2 packs lo-cal sweetener
10-12 Ice cubes
Blend until smooth.

CUT ALONG DOTTED LINE

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Pasta perfect: Sophia says she keeps her voluptuous shape by scrupulously watching what she eats and trying to exercise forty-five minutes every day

(continued) another. "Flying I hate, and I hate it more with each trip," she declares with a shudder. "When the plane starts to move—oh, my God. It is so unnatural."

Fear of flying is not Loren's only phobia. She is also afraid of the dark— a holdover from her World War II childhood in Italy, when the entire population of Loren's tiny town crammed into a railroad tunnel during bombing raids. "I don't have nightmares like I used to, but," she says, a look of relief spreading across her face, "I still must see what's around me at night. When I go to bed I turn off the light in my room, but leave one on in the hallway."

When it comes to aging, however, Loren insists she is fearless. Without benefit of cosmetic surgery, she says, she has managed to preserve her sleek appearance by exercising forty-five minutes a day and by watching her diet. "I don't think I am beautiful at all, really," she claims. "When somebody else says I am beautiful, I am always surprised. Surprised—and grateful."

Not that she needs reassurance from strangers. "For an actress, aging becomes a problem only when you stop liking yourself as a person," observes Loren, who once told me she dreaded turning fifty. "Fortunately, I still like me, inside and out. Not in a vain way—I just feel good in my skin."

Loren's latest starring role is that of a long-suffering Italian housewife in the feature *Saturday, Sunday, and Monday*. The movie, produced by her husband, is due out in the U.S. next year. "It is a wonderful Neapolitan mix of comedy and tragedy," she says. To ensure authenticity, it was filmed in Loren's native village of Pozzuoli, south of Naples.

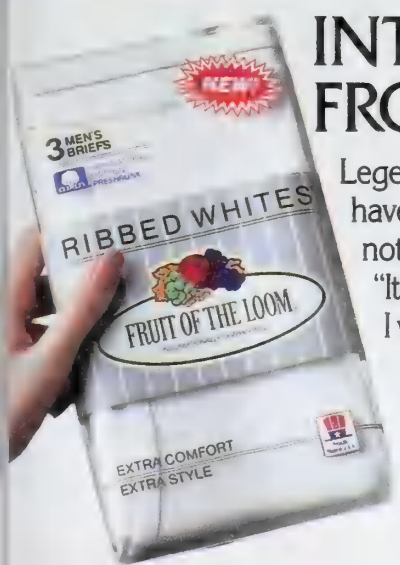
What's next? Where will Sophia be ten years from now? "Talking to you about my life, of course." Well, of course. ■



Christopher Andersen writes frequently about celebrities for Ladies' Home Journal.

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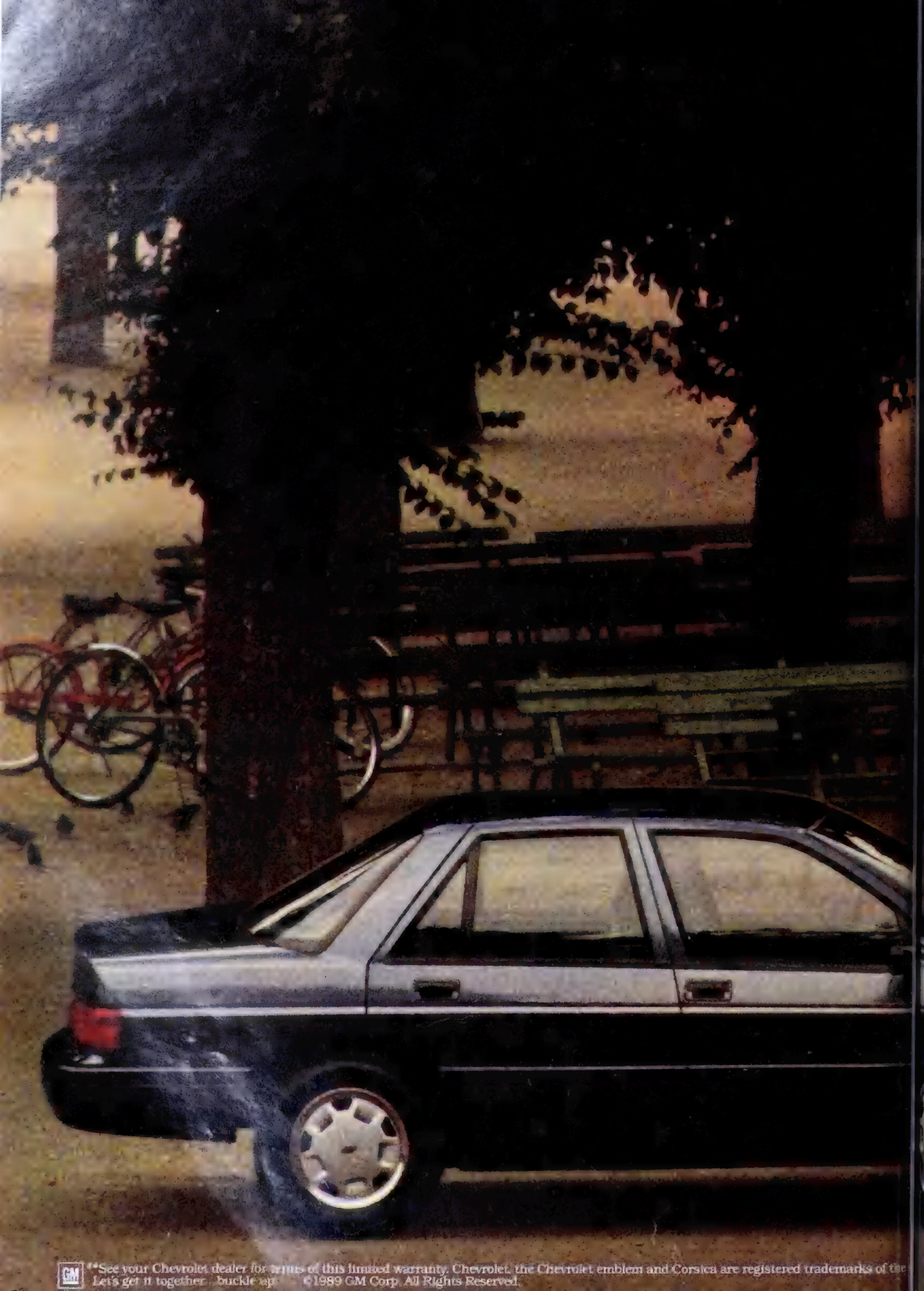
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Jamie Lee Curtis ANYTHING BUT PERFECT

She's bright, beautiful—and brutally honest. In a nonstop direct interview, Jamie Lee Curtis, one of Hollywood's hottest stars, speaks about her show-biz parents, her marriage, motherhood and her acting career

By Eric Sherman

Jamie Lee Curtis seems tense. The scene she's rehearsing for her TV show, *Anything But Love*, is going anything but smooth. A gag just isn't working right the way it's been written. The director, mercifully, calls for a lunch break. And like a hyperactive canary finally sprung from its cage, Jamie Lee Curtis is off and flying.

"Let's get outta here," the actress says, motioning toward the Twentieth Century–Fox parking lot. So what kind of wild car will sexy Jamie Lee drive? A sporty red Corvette? A funky vintage Caddy with tail fins? A mean black Ferrari, maybe? How about a white Volvo?

A *Volvo?!* And a four-door sedan, no less. "Pardon the schmutz," she says, brushing aside a finger puppet on the front seat. There is mess everywhere: children's books and toys that belong to her three-year-old daughter, Annie; an empty Styrofoam cup; crumpled-up paper. It's hard to believe there's anything left in the home of Jamie and her husband (comedian/actor/screenwriter/director Christopher Guest), who live only a block from the TV studio.

"Hold on!" she warns, spinning the wheel and lurching the car into a death-defying U-turn. "Sorry," says Jamie, navigating through the Los Angeles traffic. "It's the fastest way."

Jamie's driving says a lot about her personality: She's fast, intense, a wee bit dangerous. Interviewing her is like facing a rapid-fire machine gun. She says what she *(continued)*

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JAMIE LEE CURTIS
continued

feels, using whatever off-color language comes to mind.

"I've never been an industry-popular person, ever," says Jamie, settling in to lunch at a nearby Italian restaurant. "Believe me, there are a lot of people who don't like me. And you know what—I've been around too long to care what people think about me. What can I do about it?" She puts on an oh-so-sweet voice. "Say, 'Gosh, I'll do better.' That's not me."

Well, who *is* the real Jamie Lee Curtis—the curvy siren who made men pant in movies like *Trading Places* and *A Fish Called Wanda*, or the thirty-one-year-old working mom sitting here in a somewhat rumpled shirt and pants with her brown hair sloppily pulled up in two clips? Ask her, and you get an honest inventory.

"I'm a flirt," she answers, her eyes twinkling. "Of course I'm a flirt. It's a flirty job. I'm sassy. I'm outrageous—but I'm hardly wild. Wild to me is out of control. Outrageous is just being different from other people, but knowing absolutely what you're doing."

The waiter appears bearing a plate of pasta with tomato, basil and garlic. When ordering, Jamie gave very specific—and lengthy—instructions for just how she wanted her meal prepared: the tomato thinly sliced and only lightly sautéed. She wanted bottled water, but none with fizz.

Jamie starts in on her entrée, but she is still digesting the last question.

"How would I describe myself?" she repeats. "On the surface, I seem sort of very fun-loving, happy all the time, a happy girl. And that's not true. It's a good suit to wear. It's a comfortable suit for me to wear. But it's an act."

She takes a bite and continues. "I would put on an air of confidence and be a mashed potato underneath. You have to. You get pushed over if you don't at least look like you know what you're doing. You're lying through your teeth. But who gives a sh--?"

And what happens if you're a mashed potato both inside and out? Jamie shrugs. "Then there are doctors," she deadpans. "I see one. So does every adult I know. But I've gone through a good growth period during the last five years. The marriage has helped. My work has helped. My daughter has helped . . . This is the first time I've thought about the future, which means I'm more confident and secure with what's going on in my life."

When she was in her early twenties, Jamie went through a period of great restlessness. "It was," she says, "my flip-out time." She began to do cocaine and looked for excitement where she could find it. "I just flipped ou nothing drastic, nothing dramatic lot of relationships. A lot of drugs lot of questions, no answers. The tw ties were hard. I went through a but I lived through it. It was all ri I'm okay. No big scars."

Jamie insists she was never actu addicted to drugs, and that when gave up coke several years ago she it on her own. She does admit partal frequently, sometimes with her fat At the time, Tony Curtis was badly dicted, in an almost constant coc fog. "He was in bad shape, and I wa in great shape," Jamie says. "I was ing drugs, he was doing drugs. We drugs together. It's no big deal. It w be like getting drunk with your pare Only we chose to freebase."

When Jamie talks about her fa father, it is almost as if he casual acquaintance. In a sense are just that. Her parents (her mo is actress Janet Leigh) divorced w she was young, and, in part becaus his drug problem, Jamie never close to her father. It is ironic, t that when his addiction hit its wo he turned to his daughter.

"Drug addicts push everybody a the one person who hadn't been enough for him to push away all t years was me. So I was sort of the Jamie explains. "At one point I felt need to help him, even though didn't want it. We did try to through intervention programs, none of it really worked until fin he went in and worked at it himse the Betty Ford Center."

Today Jamie's relationship with father is pleasant, but still dist Artwork from him decorates her d ing room, and a photo of Grandpa H ing Annie hangs above the vanity ror. When he's in town and looks up, Jamie says, she sees him, and sometimes speak by phone.

Jamie had a much more positive lationship with her mother, whom credits with being her role model friend—the woman who taught how to get what you want in H wood with grace and dignity. She remains close to her stepfather, Brandt, a stockbroker, whom J Leigh married after her divorce Tony Curtis. Brandt is the man Ja grew up calling "Daddy."

Even if she remains closer to mother than her father, Jamie in she has tremendous professional a ration for both of them. Unfortuna she believes, others in the busines not. "Neither of my parents have given the respect they deserve what they gave to the business," says. "They were fringe *(contin*

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For more details turn to this month's "Parents' Journal" on page 84.

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JAMIE LEE CURTIS
continued

people. The label of the 'Golden Couple' hurt them, even though they've both given wonderful performances."

Jamie insists that Hollywood isn't exactly stuffing her mailbox with good scripts either. But she liked working on her most recent film, *Blue Steel*, which is about to open. Jamie plays a rookie cop tracking down a psychopath—a departure from the comic moll she portrayed in *A Fish Called Wanda*. Jamie says she first accepted *Steel* because it was there, and she wanted to work. "This was just another one of those jobs you took because you needed a job that year and nothing else was around."

Jamie's turbulent twenties may explain her pessimistic attitude. Tell her how hot she is as an actress, and she waves it off like an insult, declaring that she still has to take whatever roles she can get—and that things can only get worse. "I'm the most negative person ever," she insists. "I'm really, really trying hard not to do that to my daughter, because ultimately, it's boring. It's just hiding, being afraid to embrace people and embrace things."

For the moment, she is embracing the role of fledgling journalist Hannah Miller on *Anything But Love*. The sitcom was a hit in a limited run early in 1989, thanks in part to its lead-in, the smash series *Roseanne*. While praising *Love*'s stars, Jamie and comedian Richard Lewis, many of the critics panned the scripts. Jamie admits she wasn't happy with them either.

A new creative staff was brought in—this time with Jamie's input—and conceptual changes were made. The quality of the show has improved, but, perhaps because it's now aired on a different day, the ratings have slipped. Though she says she's happier with the way *Anything But Love* is progressing, Jamie knows she's been painted as the heavy, the hot-tempered actress who creates tensions on the set. "You know what," she says angrily, "I'm hardly difficult. I'm opinionated, and I work as hard as anybody. The tabloids haven't picked up on that. They wrongly picked up that Richard and I hate each other, because one time at a party we were laughing at each other. Someone overheard it and wrote the next day that we hated each other."

For the record, if it's true that the two co-stars are fighting, they really are great actors. Back on the set, after lunch, they seem like best—if slightly neurotic—friends. Lewis is perhaps the only person west of New York who is more high-strung than Jamie. He's also incredibly funny. The two tell jokes (most of them unprintable) and flirt throughout rehearsals. "Jamie's so much fun," Lewis says. "This would be *unbearable* if it weren't for her. I couldn't work with a prima donna or a cardboard figure. Or a chimpanzee. They never make their cues."

There is a break in shooting. Jamie heads to her small dressing room to continue the interview. She sits down and puts her feet up on the table, her back to the Annie Gallery—the photos of her daughter lining the mirror.

Motherhood, Jamie will quickly tell you, has completely changed her life. "I've read some of the things I've said about motherhood, and I sound like a dodohead," she says with a laugh. "But it's every wonderful cliché in the book. Then there's this almost . . . There is an unexplainable sort of thing that you just *feel*. It's indescribable, in both good ways and bad. When you say 'indescribable' you sound like a misty-eyed mother wearing chiffon, standing with her baby in all white, holding her in a little basket on this green hillside and the wind's blowing and she's singing 'Kumbaya' or something. I mean, this is life. It's hard. It becomes very complex when you introduce another person.

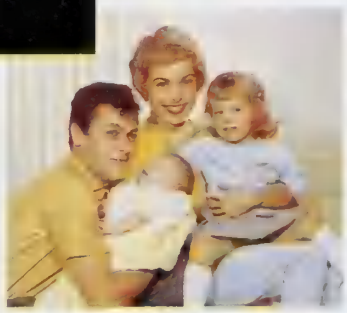
"I'm trying to avoid the 'parenting is hip' philosophy,"

continues in a sardonic tone, "I'm ried that parenting is becoming so ılar today, and anything that's ılar can become unpopular just as kly. All of a sudden parenting be like your old bell-bottoms."

hen she can, Jamie goes e for lunch to see Annie.







e Lee with the men er life: husband topher Guest (above); itcom co-star, ırd Lewis (above right); celebrated dad Tony s, (right), with mom 1 Leigh and sis Kelly

daughter is a frequent visitor on set, sometimes coming by after mming or playing in the park ss the street.

Annie was privately adopted. Jamie admits she may always have a tiny bit of regret that she cannot give birth to her own child, but she insists it in no way affects her love for her daughter. Annie already knows she's adopted, and Jamie talks to her about it all the time. She and her husband have discussed adopting another child, but that's at least three years down the road.

As for her marriage of five years, Jamie is surprisingly low-key. Husband Christopher Guest, once a cast member on *Saturday Night Live*, co-wrote and directed the recent movie satire *The Big Picture*. Combine his background with Jamie's good-time image and you'd figure we're talking about a couple of party animals here. Sorry, wrong species. "My husband isn't funny in real life," says Jamie, "not for a second. He's one of the quietest people I've ever met. We're both real private. We keep to ourselves a lot."

When it comes to the state of her union, Jamie is remarkably cautious. "It's not an easy relationship," she explains, "but it's ours, and we're doing okay with it. We're proud of it. I'm proud of any people who stay together who have careers and family and demands placed upon them."

Throughout most of her life, she's been saddled with labels. Tony Curtis and Janet Leigh's daughter. Queen of the horror films (she made six, starting with the cult classic *Halloween*, when she was nineteen). Sex symbol. "My gravestone will be: Mother, wife, friend, daughter, perky actress," she says. "It's my joke of how they [the press] label you. Certain actors are 'multitalented.' Some are 'soulful.' Some are 'strident.' My label's been 'perky,' which is sort of odd. But wouldn't it be wonderful if it just said 'actress'? Mother, wife, friend, daughter, actress. That's what I want my gravestone to say."

And with that, Jamie Lee Curtis, actress, returns to work. ■

Eric Sherman, a contributing editor to LHJ, is the author of the upcoming book "365 Amazing Days in Sports" (Warner).

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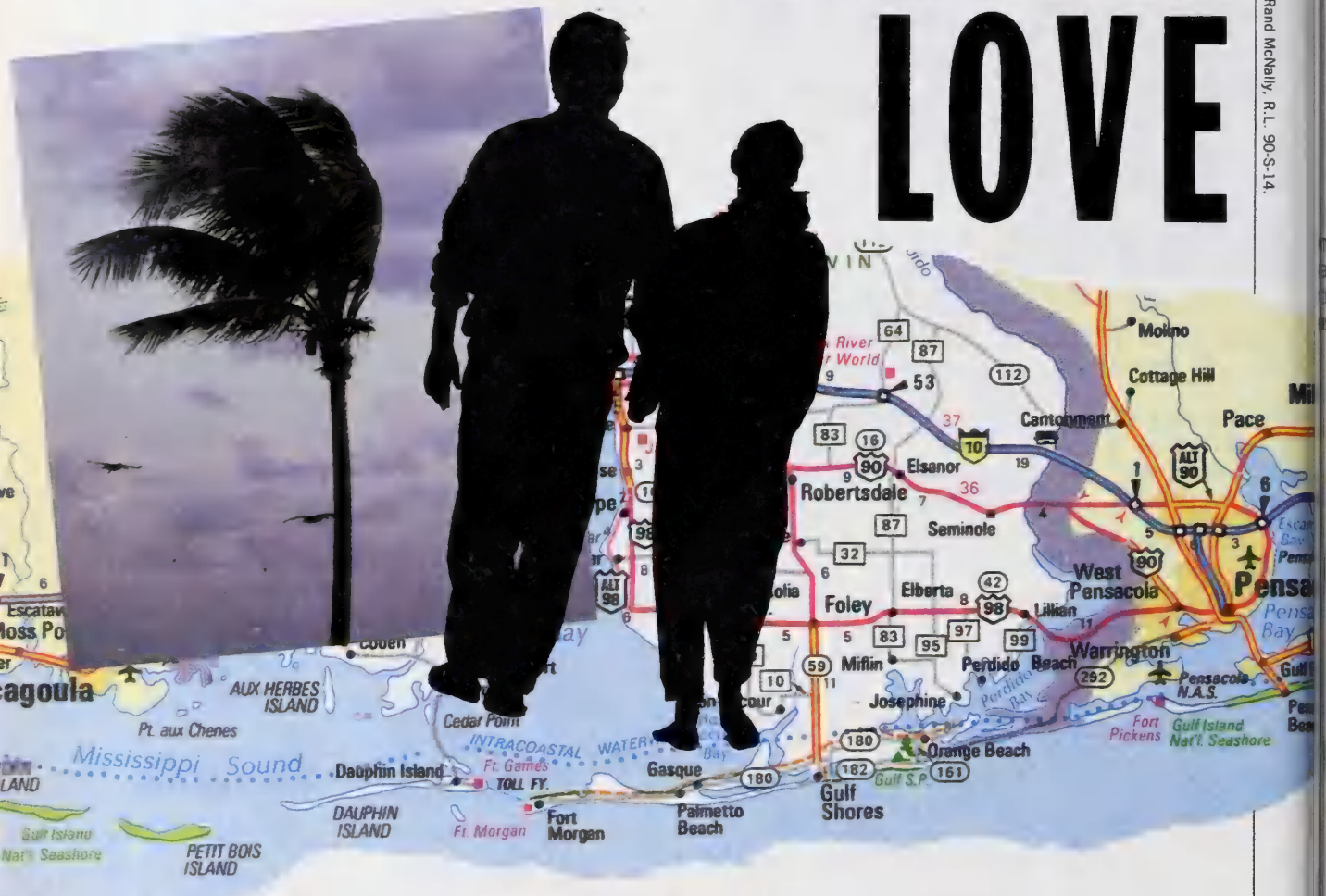


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fiction

BOOMERANG LOVE



Map, The Road Atlas © 1990 by Rand McNally, R.L. 90-S-14.

Angel was heading into a hurricane to try to save her home—she never expected to lose her heart. A stormy romance from singer Jimmy Buffett's best-seller, "Tales from Margaritaville."

By Jimmy Buffett

Photos, from left: Superstock, Dennis Hallinan/FPG.

Angel Beech was home. She could smell the pungent aroma of the exposed mud flats of Perdido Bay as she handed her driver's license to the deputy sheriff who was directing southbound traffic on the causeway leading to Snake Bite Key.

In the opposite lane, a long line of cars, trailers and trucks slowly moved north, away from the low-lying barrier islands. A hurricane warning had been issued earlier in the day: Hurricane Saba was plodding northward to the Gulf Coast. Angel thought about what the weatherman had said. Eighty percent of the people who now lived on the Gulf Coast had never seen a hurricane. They were the people in the cars she passed, getting the hell out of Dodge to find safety in the Holiday Inns of Birmingham. Yet for some strange *(continued)*

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fiction

(continued) reason, Angel was driving straight into the eye of the storm.

"You're a long way from California, ma'am. The road is closed except to residents of the islands," the young man drawled.

"I'm from Heat Wave," Angel told him.

The young man laughed and shook his head. "You sure picked a hell of a time to come visiting."

Angel took her license back from the deputy and smiled. "I'm not visiting. I've come to protect what's mine. My father used to be the mayor of Heat Wave—Conrad Beech."

The young man immediately recognized the name and motioned her through with a word of caution. "This storm's supposed to be worse than that storm way back in the fifties, and we can't be responsible for your safety if you stay."

"Thank you, Officer, but I've been working without a net for quite some time." Angel rolled up her window and hit the gas, leaving the bewildered deputy behind.

ture of brown water and gray swirling clouds, the souls of the people who brought her into the world seemed to be calling her home. Why had she left Los Angeles in the middle of an important business dinner at Spago and immediately booked a flight to New Orleans when she heard of the storm?

Maybe it was the way the TV weatherman had joked about Heat Wave. She knew, despite his tone, it wasn't a cute made-up place. It was real; it was her past. And in the world of L.A. deals and dollars, very few things were real.

If there was one real thing she had, it was a wonderful, almost magical past: a beautiful, unknown mother whom she dreamed of as a mermaid, a father who hung the moon and a true gypsy love lost to a meandering soul he couldn't control. Now the only real men in her life were just memories. One, her father, was dead, and the other, Hannah, was no doubt somewhere over China. Many times she had wondered about Hannah Hearndon's whereabouts.

She drove down the main street of Heat Wave for the first time in five years, and a lump welled up in her throat as she remembered the last time she saw her

A short note simply said this: Though he loved her more than any woman he had ever met, he was happiest when he was on the move

She drove across the causeway and turned right, passing the monument erected after the last killer storm, the one that had taken her mother. She headed for town, stopping at the familiar old weather-beaten sign that marked the entrance to town. The sign swayed in the wind. "Welcome to Heat Wave. Bake until done, then go home."

Her father had painted it in his workshed, just after he'd successfully convinced the locals not to rename the town. This was back when the first bankers and land developers from Mobile were trying to cash in on the island. Her father had taken them on and beaten them. As her father used to say, "If you were goin' on vacation or tryin' to find a place to retire to and was lookin' at the Texaco road map to find a spot, what sounds better: Heat Wave on Snake Bite Key or Silver Springs?"

The argument had worked while he was alive, but it seemed nobody could just leave well enough alone. The town of Heat Wave had fought the onslaught of condo commandos just over the bridge; they were spreading like a plague across the rest of the Gulf Coast. For generations Angel's family had prevailed on Snake Bite Key. It was *her* turf, and she knew it well. Now nature was in motion, and the big storm was not going to discriminate between environmentalist and developer.

Angel Beech had been named for one of her father's favorite fishing spots. Conrad Beech, former Navy pilot, local fishing guide and mayor of Heat Wave, was given the task of raising his only daughter from the age of three, when her mother had been swept away from them by the killer hurricane of 1953. That storm, named Blanche, had scooped up a ten-mile-long, two-mile-wide stretch of sand, homes and humans, and hurled them all into the sea. Conrad had lived through it, swimming the entire night with his daughter on his back, searching in vain for his precious wife until the tides had fallen and Heat Wave had been separated from the peninsula. The survivors of the storm erected a monument to their lost loved ones, but nobody moved away. The locals picked up the pieces and started over again.

Angel wiped tears away. Somewhere out in this mix-

father. They had gone night fishing for sharks on Angel Beach. She had come home immediately, when Conrad's first mate, Lincoln Shivers, called about her father's heart attack. Her father claimed it was nothing but a bad oyster and had himself out of the hospital in a day.

Conrad wanted to take her out fishing that night. It was the new moon, and the incoming tide would spawn a lot of life in the food chain. They drove his old pickup onto Angel Beach and stopped at the monument to toss a red rose into the sea, a tribute to her mother. They fished all night and drank beer, and Conrad talked of his flying days out in the Pacific and how he and her mother met at the officers' club in Honolulu. He was still in love with her.

They had brought Conrad's small telescope, and Angel stared at the rings around Saturn.

"See, Daddy, if you think California is far away, what would you do if I moved to Saturn?"

"I have a feeling I'd be a lot more comfortable about you living on Saturn than out in Hollyweird. How a girl raised to be the first female captain on the coast wound up in California painting sets for the movin' pictures is still beyond me," Conrad said.

"It's what I want to do, Daddy," Angel told him.

They hooked up a big fish as the sky was showing the slightest bit of morning color to the east, and Conrad asked Angel to run up to the bait shop and get him some fresh coffee and a pack of cheese crackers. She was concerned. She could see his whole body tense up as he played the big fish on the handline, but he insisted he was fine.

When Angel returned, she saw her father and the giant hammerhead shark rolling in the shallow surf. Two days later she was scattering his ashes over the monument and saying a prayer. Her mother and father were finally together again.

The next day Lincoln drove her to catch a plane to California. She wondered all the way out West if Conrad had sent her for coffee so she wouldn't see him die.

Angel pulled the Jeep into the oyster-shell driveway of her father's house. Her father and *(continued)*

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■ BOOMERANG LOVE
continued

Lincoln had built this house after Hurrican Blanche. It was specially designed to withstand any storm and it sat ten feet above the ground on steel poles embed ded in concrete caulker dams. The roof was held down b cables that could be tightened to keep it from blowing of This was home.

She saw Lincoln Shivers down on the wharf, working o *Miss Steph*, her father's old charter boat. Lincoln inherite it from Conrad. He saw her and waved. She hopped out her car and leaped on the deck into the outstretched arm of the giant black man.

"My, Miss Angel, you are as pretty as you ever was," h whispered.

Angel looked at Lincoln. "God bless and thank you fo watching out for the house."

"Oh, Angel," he said. "I got to be gettin' this boat up t the hurricane hole, but I was waitin' for you to get her Somehow I knew you'd be back."

"You know, Lincoln, I forget sometimes how wonderful is here. I needed this storm. I couldn't bring myself to com back here without Daddy around, but I've missed you." Sh inhaled slowly. "Well, then, let's batten down the hatche mate," Angel said. "We probably don't have much time."

Together they covered the screen porch and all the win dows with numbered storm boards. It took a while, but th house was secured. Then she waved from the wharf a Lincoln took the *Miss Steph* up the creek to his house. Sh went inside the boathouse and found her namesake, th *Angel Baby*, tied off to a deck cleat like a gentle horse at hitching post. Her father had built the little cypress ski himself and gave it to her on her tenth birthday. That da the *Angel Baby* had been tied in the same spot with a bi red ribbon and a giant card taped to the seat, which rea "Your first yacht. Love, Dad."

Angel glanced at her watch and knew she had better g to town before the stores closed. She let off a little slack o the lines as the tide began to rise, and she hurried back t the Jeep. She waved to everyone she saw as she passed th waterfront, and though they were all in a hurry, they a waved back. She felt as if she had never left the coast.

Angel went to Lumpkin's for groceries, remembering he father's words as she shopped. "If I'm about to eat my las meal and meet my Maker, I'm sure as hell not goin' out o a bellyful of Spam."

She bought steaks and fresh oysters and vegetables an lots of ice and water and a bottle of 1959 Grand Echézeau wine. She loaded the groceries into the Jeep and walke next door to the marine supply store. There she filled he shopping cart with new mantles for the hurricane lamp and batteries. In the process of provisioning, she ran int Hannah Hearndon.

Hannah Hearndon, the only man she had really eve been in love with, was holding a handful of spark plug

Hannah left her life as abruptly as he entered it. On balmy summer afternoon in 1967, when she was seventee years old, she lay naked in the sun in a secluded little cov on the west end of the island, and he floated down out the sky. Hannah was in Navy flight school in Pensacol and had to eject from his trainer when the engine caugh on fire.

"This sort of takes the mystery out of things."

These were the first words he had spoken to her, scan ning her young body before she sprang up and ran for th bushes.

They were a couple from the start, and Conrad an Hannah got along the way fliers do.

There were a lot of firsts with this man. First motorcycl

first airplane ride, first love. She had lost her virginity annah. But the war changed all that. He was soon g F-4s off an aircraft carrier in Vietnam, and she was college in New Orleans.

nile Angel was in New Orleans, her father showed up lay and found her sketching at her easel outside Jack- Square. She knew it wasn't a social visit. They went to gue's and ate gumbo and brisket, and after two bottles ne, he told her Hannah had been shot down and was ing.

hanks for letting me eat first," Angel said. Then she in her father's arms.

t Hannah Hearndon survived the crash and walked f the highlands of Vietnam to the coast. None of this known to Angel, who had worked very hard at accept- Hannah's death. All of it added to the shock the day eard the buzzer of her little apartment on Ursulines t ring and opened the door to see Hannah standing in his dress whites.

ats Domino is playing at the Blue Room, and I got two ts if you'd like to go."

ey missed the show and everything else in town. In- l, they locked themselves in Angel's apartment and e love in the sweltering heat of a New Orleans sum- going out only to pick up Muffalata sandwiches and e beer from the grocery. Hannah finished out his hitch ie Navy as an instructor in Pensacola and drove his rcycle to New Orleans every weekend.

ngel was in love for the first and last time in her life. e was no one else for her but Hannah, and she would tossed away all her plans for the future to spend her vith him. He was fun, and smart, and sensitive, and a ocative lover—but he was a loner. So one day she came e to a short note that simply said this: Though he loved nore than any woman he had ever met, he was happi- vhen he was on the move. He had bought a small oat and was on his way to Tahiti.

ere were a few postcards from exotic places over the s, and a letter of condolence from Argentina was deliv- to her in California after Conrad's death. She had again almost put him out of her mind—but here he now, only a few feet from her.

i," he said.

"Hi," she said back.

"You here for the storm?" he asked.

ngel just nodded.

nnah smiled, and twenty years melted away. She felt she were back on the beach, just standing there ically and emotionally naked for all the world to see. sight of Hannah got to Angel. She asked him to take or a drink at the Homeport Bar.

e little bar at the beach was a time capsule. When entered, both were greeted by old friends who asked if el needed any help securing her house. No questions or dering glances or gossip. This was one of the nice gs about Heat Wave. It was home, and your business your business. A hurricane party was in progress. The sphere was carnival-like, as patrons sang, drank and l about the oncoming storm that could possibly kill all. To the locals, hurricanes were simply a part of nd death.

ngel and Hannah moved past the crowded bar to a near the window. No one bothered them.

e hasn't aged much," Angel thought. As always, his sh eyes hid his true thoughts and secrets from almost one. Hannah was a complicated individual but not for Angel to figure out.

didn't speak to her while they ordered drinks. He his eyes on the sky and the *(continued on page 150)*



...and 18 times more than all ibuprofen brands combined.

Hospitals are the experts when it comes to taking care of pain. And even with all the pain relievers available today, they're using TYLENOL more than ever for everyday pain. In fact, in a year, hospitals use TYLENOL 285 million more times than all other brands combined.

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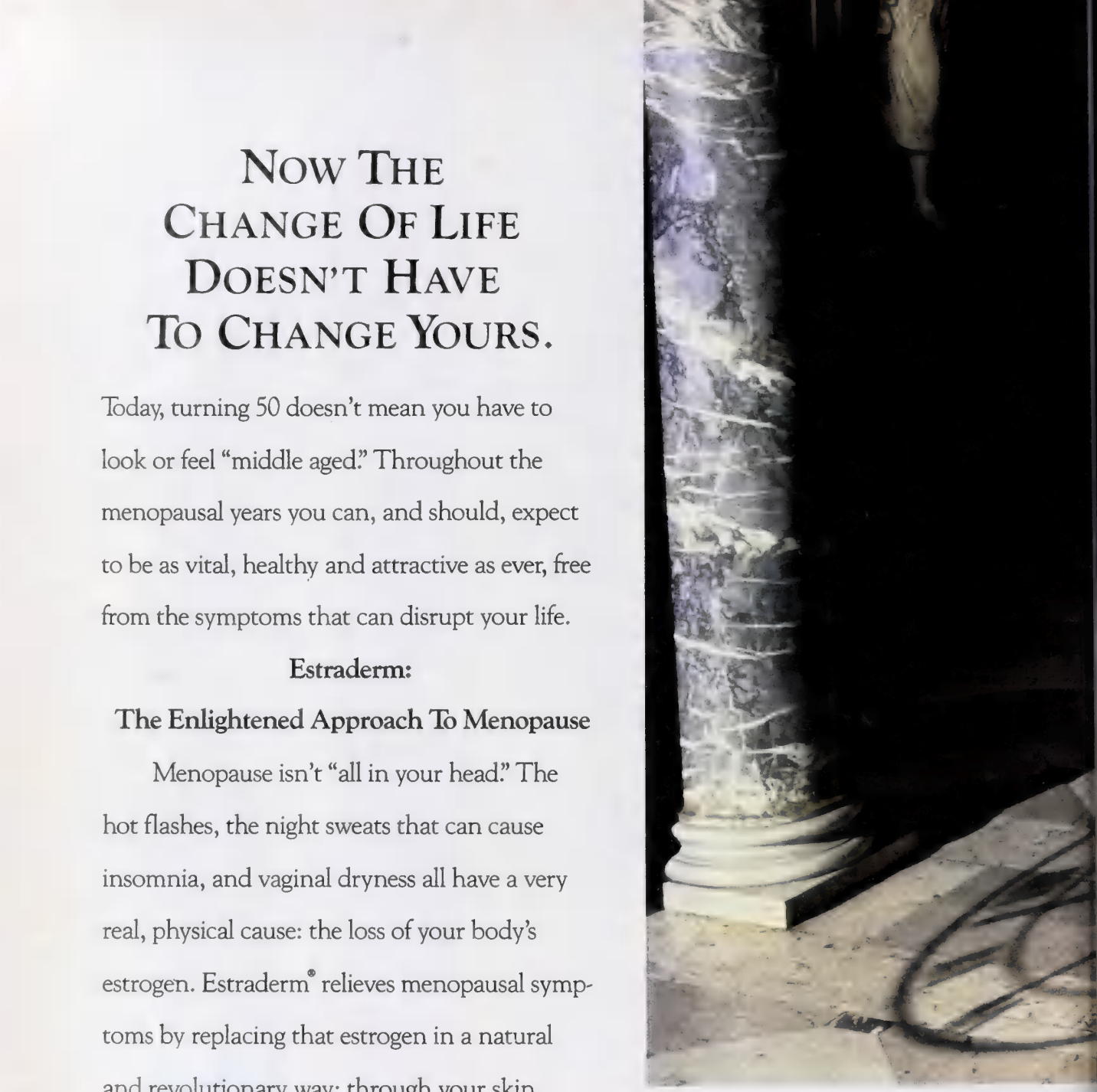
Today, turning 50 doesn't mean you have to look or feel "middle aged." Throughout the menopausal years you can, and should, expect to be as vital, healthy and attractive as ever, free from the symptoms that can disrupt your life.

Estraderm:
The Enlightened Approach To Menopause

Menopause isn't "all in your head." The hot flashes, the night sweats that can cause insomnia, and vaginal dryness all have a very real, physical cause: the loss of your body's estrogen. Estraderm® relieves menopausal symptoms by replacing that estrogen in a natural and revolutionary way: through your skin.

Estraderm Works The Way Your Body Does

Estraderm is a clear, round patch that delivers small, steady doses of natural estrogen similar to the way your ovaries did before menopause: directly into your bloodstream. It is the same estrogen your body produced and because you don't ingest it, Estraderm bypasses your liver and your stomach. Estraderm is eas to apply and stays put during bathing.



What To Ask Your Doctor About Estrade

Estraderm is being used safely and effectively by millions of menopausal women. To le whether it would benefit you, here are some questions you might want to ask your doctor:

Q: Is the Estraderm Patch right for me?



What are the benefits of Estraderm?

Can Estraderm help relieve vaginal dryness?

How long will I need to wear the The Patch?

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e compiled the latest information about your
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LH-14

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available in 0.05 mg. and 0.1 mg. strengths.

For brief summary information on Estraderm, see next page.

ESTRADERM®

estradiol transdermal system

Continuous delivery for twice-weekly application.
BRIEF SUMMARY OF PRESCRIBING INFORMATION.
PLEASE SEE FULL PRESCRIBING INFORMATION.

ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA.

Three independent case control studies have reported an increased risk of endometrial cancer in postmenopausal women exposed to exogenous estrogens for more than 1 year. This risk was independent of the other known risk factors for endometrial cancer. These studies are further supported by the finding that incidence rates of endometrial cancer have increased sharply since 1969 in eight different areas of the United States with population-based cancer-reporting systems, an increase which may be related to the rapidly expanding use of estrogens during the last decade.

The three case control studies reported that the risk of endometrial cancer in estrogen users was about 4.5-13.9 times greater than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least a semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration; it therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persistent or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses.

ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.

The use of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case control study estimated a 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to sex hormones (oral contraceptives, hormone withdrawal tests for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female sex hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

INDICATIONS AND USAGE

Estraderm is indicated for the treatment of the following: moderate-to-severe vasomotor symptoms associated with menopause; female hypogonadism; female castration; primary ovarian failure; and atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae.

CONTRAINDICATIONS

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast;
2. known or suspected estrogen-dependent neoplasia;
3. known or suspected pregnancy (see Boxed Warning);
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders;
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use.

WARNINGS

1. *Induction of Malignant Neoplasms.* Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There are now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although a recent long-term follow-up of a single physician's practice has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal mammograms.

2. *Gallbladder Disease.* A recent study has reported a two- to threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

3. *Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives.* There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women.

a. *Thromboembolic Disease.* It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of retinal thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives. If feasible, estrogen should be discontinued at least 4 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors or who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with a history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk.

b. *Hepatic Adenoma.* Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

c. *Elevated Blood Pressure.* Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use, especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

d. *Glucose Tolerance.* A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

4. *Hypercalcemia.* Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

PRECAUTIONS

General

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as a cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.
2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., asthma, epilepsy, migraine, and cardiac or renal dysfunction).
3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.
4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.
5. Studies of the addition of a progestin for 7 or more days of a cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.
6. Oral contraceptives appear to be associated with an increased incidence of mental depression. Although it is not clear whether this is due to the estrogenic or progestogenic component of the contraceptive, patients with a history of depression should be carefully observed.
7. Preexisting uterine leiomyomata may increase in size during prolonged estrogen use. If this occurs, estrogen therapy should be discontinued while the cause is investigated.
8. In patients with a history of jaundice during pregnancy, there is an increased risk that jaundice will recur with the use of estrogen-containing oral contraceptives. If jaundice develops in any patient receiving estrogen, the medication should continued while the cause is investigated.
9. Estrogens may be poorly metabolized in patients paired liver function and should be administered with such patients.
10. Because the prolonged use of estrogens influence tabolism of calcium and phosphorus, estrogens should with caution in patients with metabolic bone diseas ciated with hypercalcemia and in patients w insufficiency.

Information for Patients

See Patient Package Insert.

Drug/Laboratory Test Interactions

The results of certain endocrine and liver function test affected by estrogen-containing oral contraceptives lowing changes have been observed with large dos estrogen:

1. increased sulfobromophthalein retention;
2. increased prothrombin time; increased factors VI and X; decreased antithrombin 3; increased nor rine-induced platelet aggregability;
3. increased thyroxine-binding globulin (TBG), lead creased circulating total thyroid hormone (T_4) as m by column or radioimmunoassay; free T_3 resin decreased, reflecting the elevated TBG; free T_4 co tion is unaltered; TBG was not affected in clinica Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid co tion, and decreased pregnanediol excretion.

The pathologist should be informed that the patient ing estrogen therapy when relevant specimens are su

Carcinogenesis, Mutagenesis, Impairment of Ferti

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and estrogens in certain animal species increases the freq carcinomas of the breast, cervix, vagina, and liver.

Pregnancy Category X

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

Nursing Mothers

As a general principle, the administration of any drug t mothers should be done only when clearly necessa many drugs are excreted in human milk.

ADVERSE REACTIONS

See WARNINGS and Boxed Warning regarding pote verse effects on the fetus, induction of malignant neo increased incidence of gallbladder disease, and ad fects similar to those of oral contraceptives, in thromboembolism.

The most commonly reported adverse reaction to Es in clinical trials was redness and irritation at the applica This occurred in about 17% of the women treated and approximately 2% to discontinue therapy. Reports of ra been rare.

The following additional adverse reactions have b ported with estrogenic therapy, including oral contrace

Genitourinary System: Breakthrough bleeding, s change in menstrual flow; increase in size of uterine fi mata; change in cervical erosion and amount of secretion.

Endocrine: Breast tenderness, breast enlargement.

Gastrointestinal: Nausea, vomiting; abdominal bloating; cholestatic jaundice have been observed estrogen therapy.

Eyes: Steepening of corneal curvature; intolerance to lenses.

Central Nervous System: Headache, migraine, dizzi

Miscellaneous: Change in weight, edema, change in

HOW SUPPLIED

Estraderm 0.05 (estradiol transdermal system)—each system contains 4 mg of estradiol USP for nomina ery of 0.05 mg of estradiol per day

Patient Calendar Pack of 8 Systems .....NDC 0083-
Carton of 6 Patient Calendar
Packs of 8 Systems .....NDC 0083-
Carton of 1 Patient Calendar
Pack of 24 Systems .....NDC 0083-

Estraderm 0.1 (estradiol transdermal system)—each system contains 8 mg of estradiol USP for nomina ery of 0.1 mg of estradiol per day

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Carton of 1 Patient Calendar
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*See DESCRIPTION.

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Do not store unpouched. Apply immediately upon remov the protective pouch.

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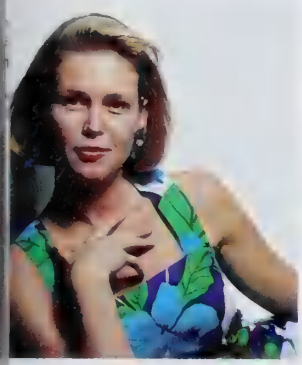
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These budding beauties sing spring. Left: Botanicals are a beautiful way to bring the outdoors in. Lilies from J. Pocker & Son, NYC. Below: Summer dresses look lovely with a profusion of petals. Sheath by Adrienne Vittadini. How to have more fleur allure? Try tees with big cabbage roses and scarves with Matisse-inspired prints. Details, P.S. ▮

SUNFLOWER CAKE



Giving a party to celebrate the season? Serve up our cheerful dessert

Grease one 8-inch round cake pan and line 6 muffin-pan cups with paper liners. Prepare 1 package (16 oz.) pound-cake mix according to package directions. Divide batter evenly among pans. Bake cupcakes 30 to 35 minutes, round cake 35 to 40 minutes, or until toothpick inserted in center comes out clean. Remove cupcakes from pans; let round cake cool in pan 15 minutes. Cool completely on wire racks.

Peel off liners; cut five cupcakes in half for petals. Cut the sixth into three wedges for stem. Freeze all cupcakes and cake 2 hours.

Meanwhile, measure ½ cup prepared lemon frosting (from 1 of 2 cans—16 or 16.5 oz. each). Tint with ⅛ teaspoon green food coloring and 2 drops yellow food coloring to make light-green frosting. Tint remaining frosting in first can with 3 drops red and 4 drops yellow food coloring to make orange. Tint ¼ cup frosting from second can with ¼ teaspoon green food coloring to make dark green. Spoon light- and dark-green frostings into 2 plastic bags; seal. Reserve remaining untinted (yellow) frosting.

Arrange cakes on a large platter. Frost 8-inch cake with 1 cup orange frosting; press 2 tablespoons chocolate nonpareil candies on top. Spoon *(continued)*

Photos, from top: Peter Johansky, Judith Watts, Nesti Mendoza.

With Bertolli olive oil, you can at well, live long and be happy. What else is there?



Lucca, Italy, where we make
li olive oil, three simple,
onal rules play a large part
ryone's life.
ery meal, for instance, is
red in accordance with
umber one.

Eat Well.

e key to most recipes
created in an Italian
kitchen is olive oil.

And the best-selling olive oil in Italy—the best-selling olive oil in the world—is Bertolli.

When you use Bertolli olive oil instead of other cooking oils, the hidden flavors of food will be brought to the forefront naturally.

Moreover, you'll be eating healthfully. Which brings us to rule number two.



Extra Light, named for its milder taste, is ideal for first-time users



Live Long.

Recently, medical experts discovered something Italians realized long before the first bottle of Bertolli was sold in 1865.

Olive oil, a staple of the diet in Mediterranean countries, is good for your health.

Specifically, these experts found olive oil, which has no cholesterol and is high in monounsaturated fats, can actually reduce the type of cholesterol, known as LDL, that is bad for you.

Yet olive oil protects the type of cholesterol, known as HDL, that is good for you.



Classico is the traditional olive oil for all kinds of cooking



That's something ordinary oils can't do. Not corn oil, not sunflower oil, not other vegetable oils.

And since a long life should be enjoyed, we have rule number three.

Be Happy.

When three or more generations gather for dinner, it is a heartwarming experience, indeed.

And when you bring a meal prepared with Bertolli olive oil to the table, you can do so with a smile.

For you're helping everyone eat well, live long and be happy.

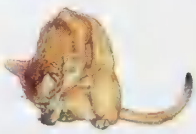
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Eat well. Live long. Be happy.™

Spend 24 hours as a cat and you'll swear off supermarket pet food forever.



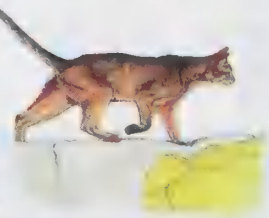
6 a.m.: Utilizing energy stored during sleep.



7 a.m.: Preening–along with quality fat in diet–promotes a shiny coat.



8 a.m.: Eating a concentrated, balanced mix of essential nutrients.



9 a.m.: Balanced nutrients and fatty acids keep nose and footpad leather pliable.



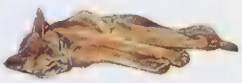
10 a.m.: Repairing cell tissues during nap.



11 a.m.: Even while sunning and dozing on a window ledge, leg muscles are being flexed.



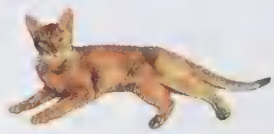
Noon: Jumping five times one's height.



1 p.m.: Long, deep sleep rebuilds muscle.



2 p.m.: Metabolizing linoleic acid in fat helps keep skin free of flaky deposits.



3 p.m.: A cat that feels good, looks good. And flaunts it.



4 p.m.: Nature calls. More meat protein means more food is absorbed which means less stool.



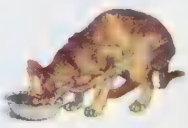
5 p.m.: Stop to play with a ball.



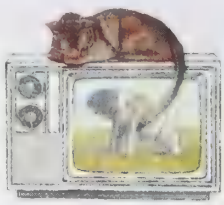
6 p.m.: Swatting furiously at imaginary prey.



7 p.m.: Leaving scent by performing figure-eights around your feet.



8 p.m.: Eating a dry food such as Iams exercises teeth and gums while reducing tartar.



9 p.m.: Finding a warm spot to–you guessed it–nap



10 p.m.: Body uses taurine in food to guard against blindness and heart disease.



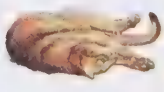
11 p.m.: Quality fat keeps energy at optimal level.



Midnight: Stretching and tensing aids muscle tone.



1 a.m.: Getting into mischief and the knitting.



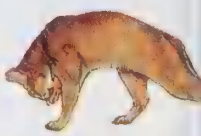
2 a.m.: Catching another 40 winks.



3 a.m.: Low magnesium in diet helps prevent F.U.S.



4 a.m.: Vitamins in food promote clear, alert eyes that quickly adapt to night vision.



5 a.m.: Meticulous grooming improves sk and coat. But it's no su stitute for eating a balanced diet.

Sleeping two-thirds of the day away may not look like hard work, but your cat still requires the maximum nutrition in Iams to look and feel her best.



Because much like the lion, who sleeps 20 hours a day, cats burn up massive amounts of energy in short bursts. Like jumping five times their height to swat at a moth.

So, to replenish that energy, your cat needs the concentrated, complete nutrition contained in Iams. She needs its real meat protein–which is easier to digest and utilize than the vegetable protein found in most supermarket cat foods and results in smaller stool. She needs its quality fat for a shiny coat. Along wi an optimal balance of carbohydrates, vitamins and minerals.

For the kind of efficiency that pays off in a healthier cat, loo for Iams Cat Food or Kitten Food. You won't find it in supermarkets, but you will find it in pet stores, feed stores and veterinary offices. For more information, call us toll-free at 1-800-525-4267 (IAMS).

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Special pet foods found on at special places.

inued) remaining orange frost-
to plastic bag; seal. Frost sides
e 10 cupcake halves with yel-
rosting. Arrange on platter to
petals.
oon remaining yellow frosting
lastic bag; seal. Snip corner of
and place in pastry bag fitted
#48 ribbon or basketweave
Pipe decoratively onto top of
petal and border. Fit same
y bag with small #17 star tip
ipe decoratively along edge of
d cake. Snip corner of plastic
containing orange frosting and
in another pastry bag fitted
star tip. Pipe each petal with
nts of orange, as shown.
t cupcake thirds in place for
and leaf as shown. Snip corner
astic bag containing light-green
ing and place in pastry bag with
ribbon or basketweave tip.
decoratively along sides, then
ps. Snip corner of bag contain-
dark-green frosting; place in
ry bag with #17 star tip. Pipe
s of leaves and outline stem with
-green frosting. Serves 10.

WHAT'S IT WORTH?

By June L. Johnson, ASA



■ I found this Biedermeier bed in an antiques shop in New York. How much is it worth?
—Irene Jones, White Plains, NY

Biedermeier is a German style; the name was derived from a comic-strip character called "Papa Biedermeier," a symbol of comfort and well-being. Your bed is Neoclassical style from the early nineteenth century. Similar beds sold for $5,500 to $8,250 last year at Sotheby's in New York. Because the piece is so valuable, you should insure it.



■ This lamp has been in our family for as long as I can remember. My husband electrified it several years ago. What can you tell me about it? **—Mrs. R. Ruland, Saddle Brook, NJ**

Your fluid-burning Victorian table lamp is valued at approximately $185 to $225. However, because you electrified the lamp, it may be worth a little less—any alterations to the original, especially permanent changes, always subtract from its value.

"What's it Worth?" will feature appraisals of readers' antiques. Send a color slide (no photographs), plus any info you have about the object, to: Prime Shopper Appraisals, LHJ, 100 Park Avenue, New York, NY 10017

June L. Johnson, an appraiser in Prospect Heights, Illinois, is a senior member of the American Society of Appraisers.



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Baton Rouge, LA 70804-9291
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(1-800-334-8626) Ext. 535



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(ALMOST) PARIS IN SPRINGTIME Hotel Plaza Athenée, New York, New York. Can't have a weekend in Paris? How about a weekend in New York with a French accent? The intimate little Plaza Athenée, sister of the Plaza Athenée in Paris, is like a private club on the exclusive Upper East Side. No detail is forgotten, from the fresh flowers in the marble bathrooms to the French-country decor. Of course, all New York—from Central Park to great shopping—is at your doorstep.



Weekend packages ($220 double per night) include champagne on arrival and continental breakfast. Call 212-734-9100.

CALL OF THE WILD The Salish Lodge, Snoqualmie, Washington. Just thirty miles from Seattle, perched on Snoqualmie Falls between acres of evergreen forest and the Snoqualmie River, the Salish Lodge offers the exhilaration of the great outdoors without sacrificing any creature comforts. Most rooms have spectacular views, and many catch the seductive sounds of rushing water.

There's plenty to do—hiking and canoeing, relaxing in the rooftop spa or touring nearby wineries. And when you return, slip into your whirlpool tub for a soak—then snuggle up in your goosedown comforter in front of the fireplace.

Rooms start at $150 per night, and it's recommended that guests make dinner reservations when they book a room. Yes, the food is that good! Call 206-888-2556 or 800-826-6124.

STARS' HIDEAWAY Las Brisas, Acapulco, Mexico. It's a glamorous, exclusive getaway, high on a hillside overlooking Acapulco Bay and the Pacific Ocean. Celebrities have been escaping to Las Brisas for years—they love the privacy of the individual cliffside casitas and private pools (as well as the beautiful surroundings). Hibiscus and bougainvillea blossoms are everywhere.

Every morning, waiters deliver breakfast discreetly—they put the food through a little trap door in your casita. And at night, you'll feel like a movie star as you watch the lights of Acapulco come out around the bay while you dine.

Winter rates (through April 21) start at $185 (per night, per couple) for a casita with a shared pool, $265 for a private pool. Call 800-223-6800.

PARADISE FOUND Nusa Dua Beach Hotel, Bali. Bali conjures up every fantasy you've had about the exotic South Seas. Lush green fields and terraced rice paddies contrast sharply with looming volcanoes, white beaches and the ultramarine-blue Indian Ocean. Secluded on the exquisite southern peninsula of Bali, the Nusa Dua complements the sensuous atmosphere of this mystical island. (Romantic former First Couple Ron and Nancy Reagan stopped here on their recent trip to Japan.) Tropical gardens give way to quiet outdoor cafés and bars. The hotel is renowned for its magnificent sunrise view of the mountains shrouded in mist on tiny Jusa Penda island. To reflect the island culture, the hotel is Balinese in style, with batik wall hangings, intricate carvings and thatched roofs.

Four restaurants, a disco and outdoor activities make this hotel a self-contained paradise. But don't forget about exploring the surrounding villages, where craftsmen make jewelry, wood carvings and clothing.

Double rooms begin at $100 a night; packages begin at $1,284 per person, airfare included, for five days. Call 800-247-8380.



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DECORATOR'S NOTEBOOK

Judith Watts





We like to group frames by coordinating or contrasting styles—silver with silver, rustic leather with down-to-earth wood, modern black with sculptured pewter



Getting framed

WHAT'S IN A FRAME? WE SEARCHED THE MARKET FOR PERFECT WAYS TO PRESENT YOUR BELOVED PICS

Want to give your home an instant shot of style? Just dig up your favorite photos and display them in fabulous frames—today's choices range from modern architectural types to unusual stained-glass styles. Arrange them in strategic spots around the house: on bookcase shelves, fireplace mantels, even atop a coffee table. Top pic: jewel frame and stained-glass frame, Johnson's Frame Center; silver frames, Exposures. Middle pic, top shelf: leather frame, Johnson's Frame Center; wood inlay frame, Exposures; black and brass frame, Gibson. Second shelf: wood inlay frame, Johnson's Frame Center. Below: Black square and triangle frames, Johnson's Frame Center; gray metal and pewter frames, Objects.



WHERE-TO-BUY GUIDE

P.S. 1: For more information on Marvin Windows, contact Marvin Windows, P.O. Box 100, Warroad, MN 56763; 800-346-5128 (in Minnesota, 800-552-1167). P.S. 2: Botanicals are available at J. Pocker & Son, 824 Lexington Avenue, New York, NY 10021; 800-443-3116 (catalogs available for $5). P.S. 8: Johnson's Frame Center, 1079 Lexington Avenue, New York, NY 10021; to order the Exposures catalog, call 800-222-4947; in Ohio, 513-874-9600; frames by the C.R. Gibson Co. are available at fine stores everywhere; Objects, 1049 Third Avenue, New York, NY 10021. PRODUCT INFORMATION DIRECTORY The Marvin Windows Idea Brochure colorfully illustrates how the size and style of windows can enhance your home. Information on how window construction can affect energy efficiency and maintenance is also provided. To order, call the 800 numbers for Marvin Windows, given above.





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Stouffer's	95 mg	1120 mg	17 g

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PARENTS' JOURNAL

A guide to child rearing in the nineties
By Mary Mohler and Margery D. Rosen

WHAT'S YOUR CRITICISM STYLE?

TAKE THIS QUIZ—HONESTLY—THEN READ THE SCORING SECTION TO FIND OUT. BY CAROL WESTON

1 When you're not looking, your toddler rips the corner off every page of her favorite picture book. You
a. yank the book away and say, "Naughty girl!"
b. firmly say, "We don't rip books, we read them."
c. sigh, get out the Scotch tape and feel guilty for not having watched her more carefully.

2 At the doctor's office, your three-year-old gets a shot and sobs hysterically. You say,
a. "It's all over now," and give him a reassuring hug.
b. "Don't be a baby. Big boys don't cry."
c. "Let's go now, honey, you've been very brave."

3 Whenever you're on the phone, your four-year-old whines, interrupts and carries on. This time you say,
a. "Can't you see I'm on the phone? Now cut it out."
b. "I'll be all yours in two minutes. Right now I'm talking to Jen."
c. "Sorry, Jen, I'll have to call you back."

4 Your six-year-old and her friend are playing a wild game of hide-and-seek. They topple a plant, and dirt spills everywhere. They apologize. You
a. say, "Next time I want you to be more careful when you're playing indoors. Go outdoors if you want to horse around."
b. say, "Accidents happen. Thank you for saying you're sorry."
c. send the friend home—and your daughter to her room for time out.

5 Your seven-year-old helps set the table but puts the forks where the knives should be. You
a. quietly rearrange the utensils.
b. say, "Can't you do anything right?"
c. say, "I appreciate your help, but the fork goes over here, like this."

6 Randy, ten, isn't much of a student, though he's a gifted athlete. At report-card time, you
a. say, "Time to get serious. No more Little League until your grades go up."
b. announce, "Dad and I are going to help you with your homework starting tonight. We know you can do better."
c. make no mention of his grades. He'll work harder when he's older—he's not even in junior high, after all.



Add up your points as follows:
1. a-3, b-2, c-1;
2. a-2, b-3, c-1; 3. a-3, b-2, c-1; 4. a-2, b-1, c-3; 5. a-1, b-3, c-2; 6. a-3, b-2, c-1.

WHAT IT ALL MEANS

14-18: YOU PLAY HARDBALL. While some parents think their kids can do no wrong, others focus on their faults. Try to go easier on your children: Don't make them pay when you have a difficult day, and, perhaps, do more to childproof your home (buy board books, keep plants out of reach) so you'll have fewer occasions to scold them.

According to Louise Bates Ames, co-founder of the Gesell Institute of Human Development, in New Haven, Connecticut, "Ideally, parents should criticize as little as possible; but when they must, they should ladle it out carefully, criticizing the act, not the child." Nancy Samalin, M.S., author of *Loving Your Child Is Not Enough: Positive Discipline That Works* (Viking Penguin, 1987), encourages using "I," not "you," statements: "I'm mad," rather than "You're bad."

10-13: YOU'RE EVENHANDED. You're right on target, neither pushy nor a pushover. In fact, says Steven Marans, M.S.W., of the Yale Child Study Center, you've learned to instruct rather than criticize. You also try not to ask incriminating questions that can drive kids to lie or keep their distance. Adds Samalin: "If the math teacher calls to say your son hasn't been doing his homework, don't ask your child, 'How are you doing in math?' Instead say: 'Your teacher called. You seem to be having a problem in math. Can I help?' "

Finally, when your child is sullen or aggressive, you manage to think about your child's behavior rather than simply react to it. "Instead of jumping to criticize," notes Nancy Mayfield, Psy.D., a psychologist in Aurora, Colorado, "parents should look at the reasons a child is acting the way he is." Sometimes throwing tantrums or sulking is a way of asking for much-needed attention.

6-9: YOU'RE A SOFTY. You believe in being supportive, which is terrific, but sometimes you can be a little too indulgent—parents must also discipline their kids when necessary. "If you don't set limits and standards, how will they learn?" asks Ames. "But when you criticize, make it specific, and end on a positive note. You can say, 'Tearing up the book is bad. Turning the pages is good.' "

You might also join forces with your child and try to find solutions together, suggests Ames. "If your eight-year-old still sucks her thumb, don't call her a baby or knock her hand away. Say, 'You're too old to be sucking your thumb. What can we do about it?' " When parents involve kids in resolving behavior problems, goals can be reached sooner.

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Jack & the Beanstalk

and the *giant step* towards stopping leaks.

Once upon a time, Jack climbed the magic beanstalk. There he met a wicked giant who had stolen a rare treasure.

"Fee fi fo fum," roared the giant. "Now KLEENEX® HUGGIES® Supertrim diapers are all mine!"



Only Huggies have soft *Leakage Control Shields* inside each leg. They form a double barrier to block leaks like no other diaper.

So Jack boldly rescued the treasure and chopped down the beanstalk.

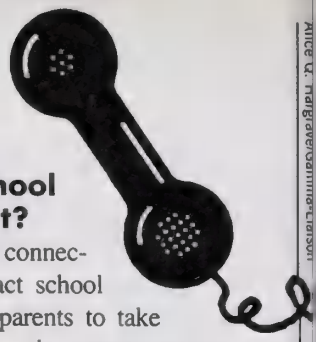
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PARENTS' JOURNAL

ASK THE DOCTOR



My six-year-old came home from school with head lice. How should I deal with it?

Head lice are very common among children; there's no connection between lice and poor hygiene. Be sure to contact school administrators immediately, so they can advise other parents to take action against these contagious vermin. You can buy over-the-counter preparations to get rid of lice, but I advise you to see your pediatrician for a stronger treatment that works more quickly. Wash all clothing that your child has come in contact with recently, including bed linens, in hot soapy water. As a general precaution, teach your children not to share combs, brushes, hair ornaments or clothing.

My son is seven months old but is not crawling yet. Is this normal?

This is not necessarily abnormal. It's true that many infants crawl by six months, but development varies widely. It's important to consider the total picture—for instance, does your son sit up on his own, turn himself over, grasp objects and put them in his mouth, and respond to stimuli? If all these other developmental milestones are occurring as expected, then I would not be concerned about this isolated delay. Nonetheless, you might want to consult your child's pediatrician, if only to allay your fears.

I'm starting to think about summer camp, but I'm worried—is Lyme disease still a problem?

Lyme disease continues to be a cause for concern. While most common in the Northeast, it is being reported nationwide. Tick season starts when the weather warms up in spring. Conduct a tick check after children have been outdoors—especially inspect the hair and hairline. Don't let kids play in long grass unless they wear socks and long pants. Lyme disease, if caught early, is relatively simple to cure with antibiotics. Symptoms include fever, rash, and swollen and painful joints.

The Arnold Palmer Hospital Pediatric Health Line for April, May and June will be sponsored by the Clorox Company. Beginning on April 3, call 800-727-9434 any Tuesday between six P.M. and nine P.M. EST. Joseph Chiaro, M.D., of the Arnold Palmer Hospital for Children and Women, in Orlando, Florida, provided the answers for this month's questions.

AND THE WINNER IS...

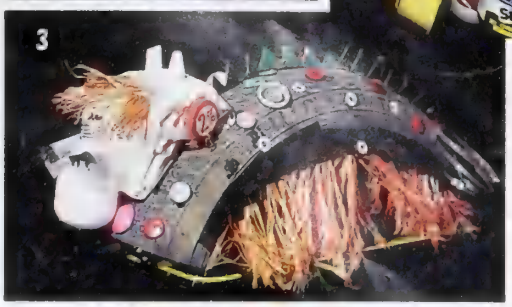
Last November the *Journal*, along with Waste Management, Inc., and the Museum of Contemporary Art, Chicago, sponsored an art contest designed to help kids understand the importance of recycling. Since April 22 is the twentieth anniversary of Earth Day, now is a fitting time to announce the winners:



First place: James McCartney, five, Willmar, Minnesota, for "Robot." His prize: an all-expense-paid trip for four to Walt Disney World



Second place: Claire Webb, six, Roswell, Georgia, for "Big Bird and Fish." Her prize: a ten-speed bike, plus $500



Third place: Reid Deschand, nine, Brush Prairie, Washington, for "Landfill Nessie." His prize: a ten-speed bike

AROUND THE WORLD

Interested in hosting a foreign exchange student? The American Intercultural Student Exchange, a nonprofit educational foundation, sponsors high school students here and abroad. Write 7720 Herschel Avenue, La Jolla, CA 92037; 800-SIBLING.



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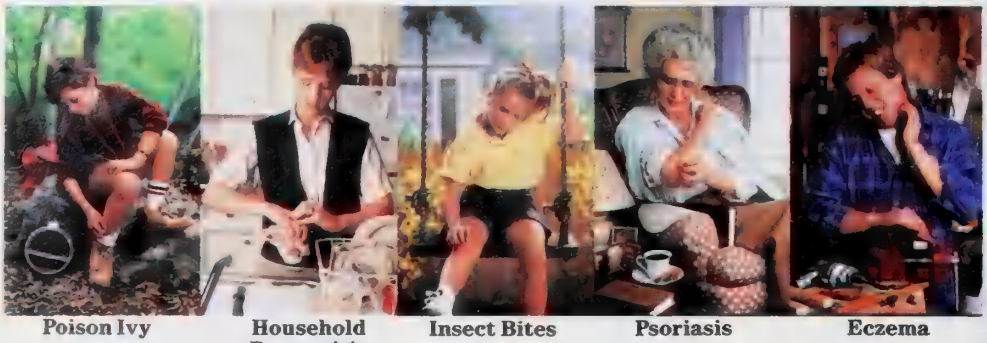
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Poison Ivy | Household Dermatitis | Insect Bites | Psoriasis | Eczema

Safe, effective treatment gets under the itch to bring soothing relief and help in healing.

While most itches may start out small...an itchy insect bite...an annoying reaction to soapy dishwater ...they often turn into irritated, inflamed rashes.

That's why it's important to be able to identify different skin irritations and know the best way to treat them. So you can relieve the itching...and keep a small problem from turning into a big one.

1. Poison Ivy. Along with poison sumac and poison oak, poison ivy can be found almost everywhere. Be on the lookout for redness, blisters and itching that can appear anytime from within a few hours to up to two or three weeks. In most cases, treatment with topical hydrocortisone will give you effective, soothing relief.

2. Household Dermatitis. Everyday exposure to different chemicals and irritants in the home can affect the skin in a variety of ways. Skin's reaction to these substances is called "household dermatitis." Common causes range from everyday household cleansers to dishwashing detergent.

No matter what the cause, the result is dry, cracked skin that's irritated and red. The best treatment is relief that soothes and helps heal. Again, in most cases, hydrocortisone provides that relief.

3. Insect Bites. Mosquitoes and gnats can leave you with itching, annoying bites. In most cases, they're not serious but, if not treated right away with hydrocortisone, scratching these red, itchy bites can make them become painful and inflamed. Prompt treatment with hydrocortisone stops the itch, preventing frequent scratching that can lead to inflammation.

4. Psoriasis is a stubborn, chronic and, as yet, incurable disease of the skin. And while it isn't life threatening, the constant flaking, redness and itching can make your life miserable.

The first step towards treating psoriasis is to see your doctor. While there is no cure, a variety of treatments can be recommended. In many cases, doctors have found that application of hydrocortisone creme is an extremely effective way to provide temporary relief.

5. Eczema (or dermatitis) is a persistant eruption of the skin. The result is red, itchy scaling that can appear anywhere on the body.

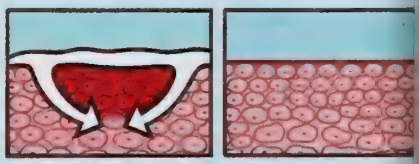
While there is no specific treatment, the main goal is to provide relief from the constant itching that goes with it. While your doctor can tell you about a variety of treatments, again hydrocortisone has been proven effective in providing temporary, soothing relief.

The miracle of hydrocortisone.

Hydrocortisone is the medicine doctors recommend most for many different types of itches and rashes. And that same medicine is available, without a prescription, in Maximum-Strength Cortizone-5.

Cortizone-5 with hydrocortisone soothes and helps heal the inflammation, rash, or itch caused by household detergents, insect bites, poison ivy, even psoriasis and eczema.

In most cases, such skin irritations are either healed completely or show dramatic signs of improvement.



Watch how Cortizone-5 with hydrocortisone gets under the itch...

...for soothing relief and help in healing.

Unlike most other treatments that just mask the itch and do nothing to promote healing, Cortizone-5's active ingredient—hydrocortisone—penetrates under the itch. For soothing relief and help in healing. Providing what many doctors consider to be *true* itch and rash relief.

Cortizone-5. No matter what kind of rash, itch or skin irritation you have, Cortizone-5 has the medicine you need to relieve it.



With the medicine doctors recommend mos

© 1989 Thompson Medical Company,


Karen Lerman


Jana Jones


Nina Scott

PARENTS' JOURNAL

HOW WOULD YOU HANDLE IT?

YOUR CHILD WON'T EAT DINNER BUT CLAMORS FOR DESSERT. DO YOU GIVE IN?

Karen Lerman, 40, public relations supervisor, Great Neck, NY; two children, 8 and 4

Believe it or not, dessert has never been an issue at our house, maybe because I'm very diet and health conscious. My husband and I rarely eat cookies or cake in front of the kids—or even have sweets in the house—so for them a terrific dessert is a frozen-fruit ice pop or fruit salad. I also keep fruit bars and individual cans of fruit on hand. My kids think they're cute.

Jana Jones, 30, postmaster, Oxford Junction, IA; three children, 3, 7 and 9

I still have vivid memories of sitting at the kitchen table, gagging on ice-cold Brussels sprouts. I vowed that I would never force my own kids to eat something they hated, because I know that's not the way to teach children the importance of healthful eating. Instead, I ask them to take at least a couple of bites of everything on their plate. If they do, then they are allowed to have dessert.

Nina Scott, 34, Andover, MA; two children, 4 and 2

I won't fight with my kids over food, so I try to make everything sound like a snack or a fun food. Packaging is the key. I'll ask if anyone wants a snack, then put green peas in a paper cup and give my kids toothpicks—they have a ball thinking they're eating hors d'oeuvres. I do the same with dry cereal. That way I know they're eating something that's good for them, and if they want to have a cookie later, it's okay.

THE PURSUIT OF PIZZA

Cowabunga! It's not enough that these wild and crazy reptiles are the number-one–selling action figures in America. Now our heroes on the half shell—up from the sewer to fight for life, liberty and a bigger slice of pizza—are starring in a live-action film. Teenage Mutant Ninja Turtles, *debuting March 30, features life-size animatronic action figures designed by Jim Henson and stars James Saito and motion-picture newcomers Judith Hoag and Elias Koteas.*

While the kids are waiting for the main feature, serve up a slice from this awesome recipe, straight from Leonardo and the boys to you.

TEENAGE MUTANT NINJA TURTLES PIZZA

Preheat oven to 425°F. Lightly oil a 12-inch pizza pan. Unroll a 10-ounce can of refrigerated pizza crust and press into the pan; prick with fork. Bake 5 to 10 minutes, until lightly browned. Spread ⅓ cup prepared pizza sauce evenly over crust. Top with your choice of the following: sliced green pepper rings, cooked; crumbled Italian sausage; sliced mushrooms; chopped green chilies; cooked bacon; or sliced pepperoni. Sprinkle 1 cup grated mozzarella cheese and 1 tablespoon freshly grated Parmesan cheese over sauce and toppings. Bake 8 to 10 minutes, until cheeses are melted. Serves 4.



Michaelangelo munches a slice of the Turtles' food of choice

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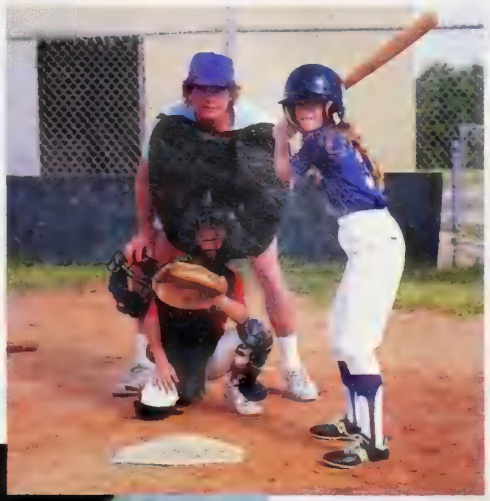
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special report

Ready, set, go!

HOW TO SHAPE UP YOUR KIDS

DESPITE AMERICA'S CELEBRATED FITNESS FIXATION, MANY OF OUR CHILDREN ARE DANGEROUSLY OVERWEIGHT AND OUT OF SHAPE. IN THIS SPECIAL REPORT, LADIES' HOME JOURNAL AND THE PRESIDENT'S COUNCIL ON PHYSICAL FITNESS SUGGEST SOME WAYS TO GET OUR KIDS MOVING





Kids who exercise regularly are less likely to develop chronic health problems as adults



By Curtis Pesmen

In one of the more moderate marital battles of that dark divorce comedy *The War of the Roses,* Michael Douglas scolds his onscreen wife, Kathleen Turner, for giving their toddlers candy. She defends herself, arguing that sweets-starved tots grow up to be sugar-obsessed. Cut to the next family scene, nine years later; both little Rosebuds have become downright blimpish—and they're still foraging for more dessert.

In its own wacky way, the hit movie makes a serious point: Even the best-intentioned parents don't always know how to raise strong and healthy kids. Like the no-longer-little Roses, too many of our nation's children are woefully fat and unfit. In fact, youth has never been in worse shape, declares Lyle J. Micheli, M.D., director of the sports medicine division at Children's Hospital in Boston and author of a soon-to-be-published book, *Fitkids* (Houghton Mifflin).

Other experts agree. According to a twenty-five-year study by the Department of Health and Human Services, American schoolchildren today pack far more body fat than their counterparts of twenty years ago. Indeed, research by the same department shows that the proportion of obese children aged six through eleven has risen by more than 50 percent since the mid-sixties and by nearly 40 percent among adolescents.

Weight is not the only problem. Last year, the Amateur Athletic Union (AAU) *(continued)*

special report

(continued) surveyed nine million U.S. children between six and seventeen years old and discovered that fully 68 percent couldn't meet minimum standards for strength, flexibility and endurance. (To find out how your offspring measure up, turn to page 92.)

The fact that our kids are overweight and underconditioned has frightening implications. A 1987 study by the American Alliance of Health, Physical Recreation and Dance found that 40 percent of kids five to eight years old already exhibit one or more heart-disease risk factors. These risk factors include high blood pressure and cholesterol levels, obesity and inactivity.

Obese, inactive children tend to become sedentary adults, who run an increased risk for diabetes and back problems as well as coronaries. They tend to remain obese in adulthood, too; according to one 1988 study, 80 percent of overweight kids were still that way in their teens and early twenties.

Why hasn't America's alleged fitness mania taken hold among the young? Experts cite a variety of factors. For one thing, kids don't have many real role models. There are still a lot of grown-ups who buy workout clothes but rarely raise a sweat themselves.

In addition, kids just don't play outdoors anymore. Up to seven million children under age fourteen in the U.S. are considered latchkey kids, who are home alone before or after school while their parent or parents work. Years ago, they might have played sandlot baseball, hopscotch or other outdoor games. But there are far fewer open spaces to play in these days. And many working parents—fearful that drug dealers or other undesirables lurk in the streets—warn their kids to go straight home and lock the door.

Now video games and TV fill the late-afternoon hours for all too many children. A 1987 survey by the U.S. Department of Health found that 73 percent of kids in first through fourth grades watch at least two hours of TV each weekday; 27 percent watch an average of three to five hours. That tube time can have weighty consequences; one 1985 study of kidvid viewing habits indicated that the percentage of obese adolescents increased by 2 percent for each hour of TV watched.

Nor can schools take up the slack. Because of budget shrinkage and the rising cost of liability insurance, many have dropped physical education classes and even recess periods. Only four states mandate physical education at all from first through twelfth grades—Illinois, New Jersey, New York and Rhode Island—and only Illinois requires phys ed on a daily basis. "When budgets get cut, ours is the kind of program that gets eliminated," says *(continued)*



EGG O'MUFFIN

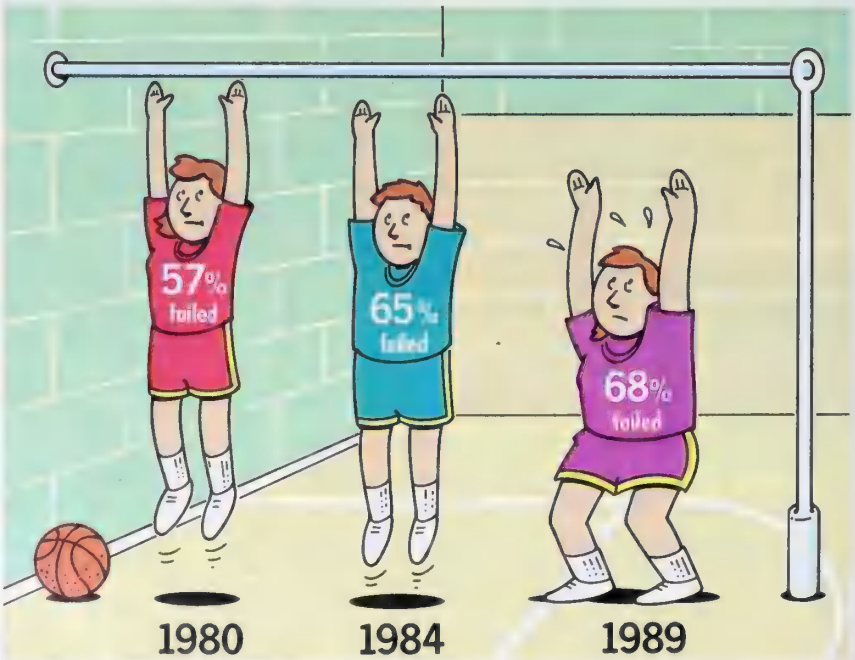
With a cookie cutter, cut out decorative shape from 1 slice (1 oz.) reduced-fat Cheddar cheese. Coarsely chop trimmings. Lightly toast 1 English muffin in toaster oven. Heat 1 slice (1 oz.) turkey ham on 1 muffin half warmed, 1 minute.

Beat 1 large egg, 1 tablespoon milk and a pinch *each* salt and pepper in small bowl. Heat 1 teaspoon margarine in skillet over medium heat. Add egg mixture and cook, stirring gently, until egg just sets, 1½ to 2 minutes. Stir in chopped cheese. Top ham with egg mixture, then cheese cut-out and remaining muffin half. Makes 1 serving.

Nutrition info per serving: 375 calories, 24 gm protein, 17 gm fat, 29 gm carbohydrates, 1,019 mg sodium, 235 mg cholesterol.

A DECADE OF FALLING FITNESS LEVELS

When the Amateur Athletic Union tested millions of U.S. schoolchildren ages six to seventeen between 1980 and 1989, they found that kids' fitness levels were falling fast. By 1989, in fact, more than two thirds of the youngsters tested could not meet minimum performance standards for strength, flexibility and endurance.



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special report



(continued) Wilmer Mizell, executive director of the President's Council on Physical Fitness and Sports (PCPFS), which has been testing and promoting youth fitness since 1956.

Even in schools where athletic activity remains a priority, many students are not receiving a full fitness education, says Russell R. Pate, Ph.D., an exercise physiologist at the University of South Carolina. Too often, teachers focus only on potential star athletes. The American College of Sports Medicine (ACSM), of which Pate is a member, recently issued an opinion statement calling on coaches and gym teachers to broaden their approaches and include more tennis, swimming and other activities a person can do for a lifetime.

The fact that competition is often placed ahead of fun has led to high dropout rates in both school and community-based programs. The dropout problem is especially acute among girls. According to a 1989 study by Bruce Watkins, Ph.D., psychologist and professor of sports *(continued on page 96)*

TEN WAYS TO GET YOUR FAMILY MOVING



1 CLIMB OUT OF YOUR RUT Ask local parks-department officials to recommend some nearby climbing spots—sledding hills or not-too-strenuous hiking trails.

2 GO HIGH-TECH WALKING An inexpensive pedometer can make walking more interesting as you compute every family member's mileage and compete with each other to set and meet specific distance goals.

3 HAVE A BICYCLE RODEO Take a tip from the National Recreation and Parks Association by setting up a bicycle obstacle course. Use boxes, trash cans or other objects in your driveway or another uncrowded location. Time your kids as they ride the circuit. Then do it yourself!



4 BRING BACK THE JUMP ROPE Skipping rope is more than a kids' pastime—it's a terrific aerobic exercise. If you need to learn—or relearn—how to do it right, send for "Ropics," a fifty-five-minute video that costs $24.95. Call 800-252-JUMP.

5 FORM A FITNESS POOL Enlist at least one other family and set aside time once or twice a week for a fun run or vigorous walk in the park.

6 HAVE MORE FUN WHILE YOU RUN Instead of just jogging with your kids, bring along a soccer ball or kite. Children are more likely to stay interested if you stay playful.

7 PLAY MINI-SOCCER You don't need an entire team to enjoy a spirited impromptu soccer game. You can use crates instead of nets for goals; enlist two or more players per team. A great aerobic exercise, it'll get your heart pumping and your lungs working.

8 GO TO THE BAR Install a pull-up bar in your home and help your kids increase their upper-body strength. If a child can't do complete pull-ups, she can begin a strengthening program by hanging from the bar with her arms flexed.

9 DO THE ROCK-AND-ROLL FREEZE Put some lively music on the radio or stereo and have the kids start dancing. Stop the music at random intervals and have them "freeze" in whatever position they're in. The freeze is the fun part, the dancing works up a sweat.

10 TRY "COMMERCIAL-CIZING" While watching television, do sit-ups, stretches and push-ups with your kids during commercial breaks.

HOW FIT ARE YOUR KIDS? A PARENTS' CHECKLIST

Does your child measure up when it comes to fitness? Below, standards from the President's Council to help you determine whether your child is acceptably fit

RUN/WALK Kids should be able to run/walk a mile in the following times: **Boys** (age six) 12 minutes, 36 seconds; (age nine) 10 minutes, 30 seconds; (age twelve) 8 minutes, 40 seconds; **Girls** (age six) 13 minutes, 12 seconds; (age nine) 11 minutes, 52 seconds; (age twelve) 11 minutes, 5 seconds.

SIT-UPS Six-year-old boys should be able to do twenty-two sit-ups—with knees bent, soles of feet on floor, arms crossed on chest—within one minute. Six-year-old girls should be able to do twenty-three. By age twelve, boys should be able to do at least forty; girls should be able to do thirty-five.

FLEXIBILITY Children who can sit straight-backed on the floor with their legs extended and reach their arms one inch beyond their toes without lunging make the grade for the sit-and-reach test. But since flexibility levels are largely determined by heredity, kids who have difficulty with this task may still be fit.

UPPER-BODY STRENGTH Six-year-old boys should be able to hang from a pull-up bar for at least 6 seconds; by age twelve they should be able to do so for 12 seconds. Six-year-old girls should be able to hang for at least 5 seconds; at age twelve, for 7 seconds.


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Promise spread has now been tested and approved by the American Heart Association HeartGuide Program.
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And that's dressing for success.



Nothing's better on leaks than Luvs.

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special report



(continued from page 92) management and communication at the University of Michigan, girls in elementary school are as interested in athletics as boys, competing in similar numbers at similar skill levels. But between the ages of eleven and thirteen, many stop playing, in part because fewer sports options are available to them. Watkins also believes that if girls were given more guidance and encouraged to develop their skills, many would acquire the confidence needed to stick with their games.

While large numbers of adults have found the fitness motivation they need at their local health clubs, too often children get left behind. Many health clubs, citing insurance and management problems, exclude those under eighteen. And while a few studios and clubs do permit youngsters to attend, membership fees can be high. (For a list of family facilities, see page 104.)

PARENT POWER

Given these discouraging factors, what's a parent to do? Plenty. First comes nutrition. Although almost 90 percent of American students now receive some nutrition education in school, they're still unacquainted w many food facts. A 1989 Harris/Sc lastic survey of five thousand stude found, for example, that more tha third were ignorant of the benefit fiber. Most didn't know the differe between complex and simple carbo drates either, and were unaware t pasta, rice, cereal and potatoes have a great deal of nutritional va compared with candy and soft drin

Families can help remedy this l of knowledge while monitoring w their children eat. Johanna Dw D.Sc., R.D., head of the nutrition cl at New England Medical Center H pital, in Boston, suggests these gu lines for developing healthy tastes:

■ Keep healthful snacks handy our list on page 102). If done corre snacking can be a great way to fu your children's daily nutrition requ ments. If they haven't had eno milk and vegetables at breakfast lunch, for example, try giving the snack of raw carrot sticks and yo dip. Fruit slices, peanut butter, wh grain crackers and oatmeal-ra cookies are all good choices kids lo

■ For dessert, substitute fruit for cakes and ice cream.





Four clever wa

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it total fat intake to 30 percent
y calories, while offering plenty
nplex carbohydrates and fiber-
oods. Remember, though, that
nutrition is concerned, what's
or you isn't necessarily best for
kids. A low-fat diet can deprive
children of the fatty acids and
nts they need to achieve normal
s and weights. Children under
hould *always* be served whole

lerate your family's fat and cho-
ol intake by choosing low-fat
products, limiting egg intake to
or fewer each week and cooking
vegetable oil. In addition, avoid
harbled steaks and other fatty
f meat. Instead, choose lean red
skinless chicken—white meat
ns less fat than dark—and plain
rithout fatty sauce. (For more
and answers to the nutri-
uestions parents ask most, see
00.)

ver notes that many youngsters
ready weight-conscious and sus-
le to fad diets or eating disorders
s anorexia nervosa, a psycholog-
roblem in which the victim re-
to eat, and *(continued on page 100)*

Confessions of a "fat-camp" counselor

Weight-control camps blend fun with a mission: to help campers slim down their physiques and raise their self-esteem. Keith Zucker, twenty-three, has spent fifteen summers at Camp Kingsmont, in West Stockbridge, Massachusetts—first as a camper, now as a counselor. He recently told LHJ what life at a weight-loss and fitness camp is like

"You'd never know to look at me now that I was once a pudgy seven-year-old whose parents had to force him to go to a weight-loss camp," says Keith Zucker.

It's true. The muscular young man bears little resemblance to the chubby little boy he once was—or to the teenager who once weighed 310 pounds.

Although Keith enjoyed his early camp experiences, it wasn't until his late teens that he found the motivation to stick to a sensible diet and exercise plan year-round. In the past six years, he has lost ninety pounds.

Keith credits Camp Kingsmont with more than weight-loss success; it helped him escape the feeling of being odd man out. "Every fat kid gets teased at school, but here we're all equals," he says. Weight-loss camp also provides many kids with their first opportunity to play baseball and other sports without fear of being ridiculed. "Watching a new kid who wouldn't even go up to the plate get his first hit feels as good as if I'd taught him how to do it," says Keith.

Although self-confidence grows as excess pounds go, turning couch potatoes into health nuts can't be done overnight. Like all dieters, young campers sometimes get the urge to cheat. However, that's not as easy to do here as it is at home: The nearest burger joint is several miles away. "But when packages from home arrive, counselors open them to make sure no contraband goodies are inside," Keith says. "Any dietary no-nos go directly into the dumpster."

Keith admits that even counselors fall prey to temptation once in a while. Though he always follows the camp's diet along with the youngsters, Keith says he has been known to go off the grounds for an after-hours snack. But occasional lapses don't stop Keith from being an inspiration to his charges. "I used to struggle to lift a sixty-pound weight, and now I can bench-press more than three hundred pounds. I tell them that if I can do it, so can they. I still hear the teasing in my head sometimes," he confesses. "*That's* my motivating voice."

—Neil Cohen and Shana Aborn



nom can disguise nutrition.

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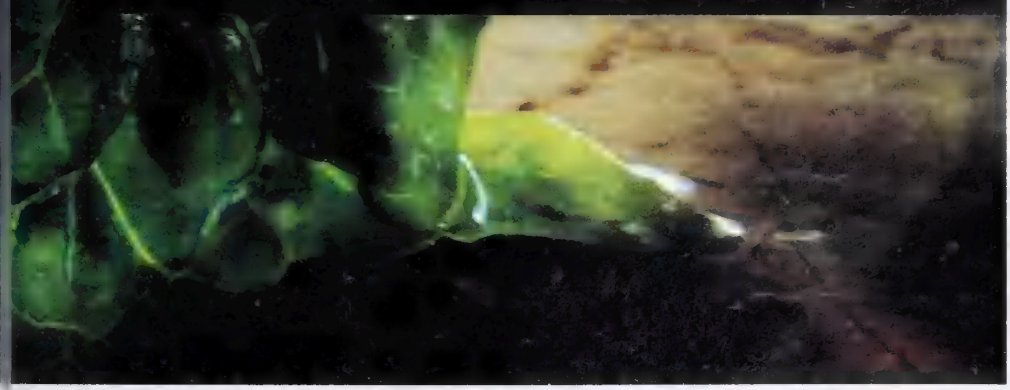
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TASTE

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SERVING

Spinach Lasagna. For a delicious lasagna, that's lower in fat, substitute one package of Birds Eye Whole Leaf Spinach for meat. And use part-skim ricotta and mozzarella cheese.

BIRDS EYE

Whole Leaf Spinach



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special report

(continued from page 97) bulimia, binge eating followed by purging, often through forced vomiting. "Forty percent of high school kids say they have been on diets, and nearly a third of those in elementary school say they have dieted," she says.

The high levels concern many experts, since the development of an eating disorder is often preceded by extended dieting. Parents should remember that while most victims of eating disorders are female, boys can develop the same illnesses. If you suspect your child



has an eating disorder, let her know you're concerned and seek help as soon as possible from a professional who specializes in eating disorders.

The following is a list of common warning signals from BASH, Inc. (Bulimia and Anorexia Self Help), a treatment and research center for eating and mood disorders affiliated with Deaconess Hospital, in St. Louis:

- She looks thin and keeps getting thinner.
- Her face is pale, her hair limp.
- Her salivary glands are swollen.
- She always wears long sleeves or layers of clothing even in warm weather.
- She has episodes of fainting, blacking out or dizziness, or has difficulty concentrating.
- She seems sad, angry, irritable or cries easily, and (continued)

ARE YOUR KIDS EATING RIGHT?

Do you worry every time your child reaches for a candy bar or leaves the green beans untouched? If so, you're not alone. To help you make sure your kids eat properly, we enlisted the help of diet expert Roberta Duyff, R.D., president of Duyff Associates, a food and nutrition consulting firm in St. Louis. Below, her answers to some of the most common questions parents ask about children's nutrition

How do children's nutritional needs change as they get older?

All children need a varied diet that includes all major food groups: dairy, vegetables, fruits, bread and meat/poultry/fish. However, as a child grows, his calorie and nutrient needs increase. An elementary school–age child needs at least two servings of dairy foods per day (for example, a cup of milk and eight ounces of yogurt), five ounces of meat/poultry/fish, at least six servings of grains (for example, two ounces of cereal and four slices of bread), two of fruit and three half-cup servings of vegetables. Teenagers require three servings of dairy foods, at least six ounces of meat/poultry/fish, at least eight servings of grains and four of fruits/vegetables.

My daughter's periods have started. Does she need more iron now?

Yes. When a girl begins to menstruate, her iron level is lowered every month during her period, when blood-rich endometrial tissue is expelled. However, eating adequate amounts of lean meat, dried beans, enriched rice and pasta, and other iron-rich foods should satisfy her needs for this important mineral. If you're concerned that she's not getting enough iron in her diet, consult your pediatrician, who may recommend a supplement.

My nine-year-old daughter is overweight. Should I put her on a diet?

A parent shouldn't restrict a child's calorie level without consulting a doctor. Children need to maintain a fairly high calorie intake to meet their growth and energy needs. Boys and girls ages seven to ten should consume about two thousand calories per day, depending on their activity levels. If your daughter's weight really concerns you, ask your pediatrician about it. She may have a larger frame than other girls her age, or she may not be getting enough exercise.

My son seems very thin compared with his friends. Should he be eating more?

If he eats well at mealtime and doesn't complain of fatigue or other physical symptoms, your son may be perfectly healthy. Unless your doctor feels there's a serious problem, you should just make sure your son eats a balanced diet and encourage him to supplement meals with nutritious snacks such as whole-grain crackers and low-fat cheese, fruit and bread. Don't let him load up on sweets; these can damage his teeth and contribute to long-term health problems.

How can I stop my kids from eating junk food?

Nutritionists don't like to call any food pure junk; even foods such as potato chips and candy have some small nutritional value. However, they are usually high in fat or sugar, and the traces of vitamins and minerals they contain are too small to be of any real benefit. But if your children's diet is balanced and they get enough exercise, eating these foods from time to time won't hurt.

You don't have to stop buying these treats altogether—in fact, your children may crave them even more if they know they're forbidden. Instead, let your kids know you'll buy them only once in a while. If junk is not always available at home, your children will look for more healthful alternatives.

My family eats a moderate amount of salt, but my son adds it to everything. How can I keep him from overdoing it?

Taking the shaker off the table is one of the simplest ways to get someone out of the habit of oversalting food. It's easier to break the habit when a child is young and his palate is still developing. Cook foods without added salt, or use herbs and spices to enhance flavor. And keep fast-food meals to a minimum; they're notoriously high in sodium.

—SHANA ABORN

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(continued) spends more and more time alone.

- She makes more frequent trips to the bathroom than usual.
- She skips meals, cuts food into very small pieces or eats huge amounts of food.

BASH also recommends that family members seek help from a support group. For more information, call BASH's toll-free number, 800-BASH-STL; or write BASH, 6125 Clayton Avenue, Suite 215, St. Louis, MO 63139.

FAT OR FIT?

How can you tell if your child really needs to shed pounds? One way is to look beyond the standard height-weight tables and ask your doctor to measure your child's body composition. This compares how much fat a person's body carries in proportion to lean muscle tissue, which weighs more than fat. Why is this ratio important? "Because it is *fat* that's related to disease, not weight," says Kenneth Cooper, president and founder of the Aerobics Center, in Dallas. Someone with well-developed muscles, he explains, may weigh more than the tables say he should, but he'll be considered fit. Cooper says the optimal body-fat range for boys ages five to seventeen is between 10 and 20 percent; for girls, it is 20 to 25 percent. *(continued)*



BETTER GOODIES

We've come up with this real-world snack list to help your youngsters negotiate the fast-food counter and convenience store shelves. The items in the second column are nutritional improvements over the ones in the left (some might surprise you). What's more, they're guaranteed not to elicit groans



Photos, from left: John T. Turner/FPG; J. Barry O'Rourke.

Instead of . . .	Choose . . .
Jelly donut	**Corn muffin**
Toaster pastry	**Granola bar**
Bologna sandwich	**Smoked-turkey sandwich**
Pepperoni pizza	**Mushroom/pepper pizza**
Burger with the works	**Chicken nuggets**
Cheese enchilada	**Beef taco with lettuce and tomatoes**
French fries	**Microwave-baked potato**
Barbecued ribs	**Barbecued chicken**
Orange drink	**Orange juice**
Chocolate shake	**Small chocolate sundae**
Cola	**Fruit-flavored club soda**
Potato chips	**Pretzel sticks**
Cheese puffs	**Popcorn**
Cashews	**Pistachios**
Peanut butter/cheese crackers	**Roasted peanuts**
Ice cream	**Frozen yogurt**
Chocolate-covered ice-cream bar	**Chocolate pudding pop**
Fudge topping	**Chocolate syrup**

—PATRICIA COBE

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Jell-O® Gelatin Jigglers

2 family-size pkgs. (8-serv. size) or
4 small pkgs. (4-serv. size)
Jell-O® Brand Gelatin
2½ cups boiling water or apple juice

Completely dissolve gelatin in boiling water or juice. Pour into 13 x 9-inch pan. Chill until firm, about 3 hours. To unmold: dip pan in warm water about 15 seconds. Cut into squares or use cookie cutters. Lift from pan.

JIGGLERS

THEY'RE A HANDFUL OF FUN.

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THE JOY FACTOR

Once they're eating properly, how can you get your kids moving? It's easy, says Russell Pate. "Kids basically *like* activity." The best way to spur them on is to join in. "When my son was two, we would sometimes wrestle on a bed, and we'd do it for an hour," says Bob Glover, author of *The Family Fitness Handbook* (Penguin, 1989). "That's an aerobic workout, and it builds muscular strength." Glover's point: You don't have to plan a formal workout—just do something you both enjoy, and do it regularly.

If you're walking or jogging, the experts suggest, take along a kite or soccer ball to keep children interested. Or start a family mileage club. First, pick a dream destination. Each week, tally up the number of miles walked and plot your progress on a map. To keep everyone motivated, plan special treats along the way: When the family "arrives" at an amusement park in the next state, pile the kids in the car and really go. When you "reach" Disneyland or the Big Apple, take the family on a week's vacation there.



At Kidsports Fun and Fitness Center, in New Jersey, kids leave "sweating and smiling," says founder Gary Seibert

Some kids need outside support to get motivated. Twelve-year-old T.J. Bresnahan, of *(continued)*

FIGHTING BACK: WELLNESS PROGRAMS

There is hope for unfit kids; in fact, there are programs under way across the U.S. to help children get moving. Below, a sampling of what's happening in children's fitness today

WEIGHT WATCHERS AND THE Y These two well-known standbys are right on top of the trends in kids' fitness. Weight Watchers makes its regular classroom program of diet, exercise and behavior modification available to kids; YMCAs and YWCAs run a number of fitness programs. This June, the YMCA unveils its first national Youth Fitness Program, which combines fitness activities and education in twenty-week sessions designed for children in grades one through six. Meanwhile, the YWCA offers various programs, ranging from parent-and-toddler movement education to introductory sports lessons (tennis, basketball, hockey, gymnastics and swimming), for girls eight to twelve.



NATIONAL RECREATION AND PARK ASSOCIATION (NRPA) Fitness takes to the parks this summer with the National Youth Fun and Fitness Project, a six-week program that will give playground games a fitness focus. For example, kids will still play favorites like dodgeball, but they'll learn that in addition to being fun, the games help get the heart pumping and strengthen the legs.

Contact your local parks and recreation department or: NRPA, 1800 Silas Deane Highway, Suite 1, Rocky Hill, CT 06067; 203-721-1055.

KIDSHAPE Naomi Neufeld, M.D., a California pediatric endocrinologist, is the developer of the ten-week KidShape program. Conducted at the Cedars-Sinai Medical Center in Los Angeles, each weekly session consists of three 40-minute segments: nutrition education, fitness training and mutual support. Parents and children attend the nutrition and exercise sessions, then split into separate support groups. Sometimes, says Neufeld, parents lose weight right along with their kids.

KidShape, Cedars-Sinai Medical Center, Becker Building, Room 131, 8700 Beverly Boulevard, Los Angeles, CA 90048; 213-855-4742.

KIDSPORTS FUN AND FITNESS CENTERS Three years ago, entrepreneur Gary Seibert built the nation's first youth-oriented fitness facility in Reading, Pennsylvania; there are now fifteen nationwide. It's not a sports program, he says, but "a recreational games program where everyone can have a good time." Kidsports has programs for kids ages three and up.

Kidsports, 3026 Penn Avenue, West Lawn, PA 19609; 215-678-1630.

FAMILY FITNESS CENTERS The theory that a family that works out together stays together has helped this unusual Southern California health-club chain to grow; there are currently thirty-six outlets in the western U.S. Each club has state-of-the-art, adjust-to-fit equipment and an array of classes for adults and kids ages three and up.

Family Fitness Centers, 800-733-1300.

GYMBOREE The largest kids' fitness organization in the country, Gymboree has two hundred eighty franchised play centers nationwide. At Gymboree, children ages three months to four years attend weekly play and movement sessions. Kids learn balance and body awareness and have lively visual, sound and touch experiences using mats, tunnels, balls and more.

For more information, contact your local Gymboree or: Gymboree Corporation, 577 Airport Boulevard, Burlingame, CA 94010; 415-579-0600.

For additional information on youth fitness and sports, contact:

President's Challenge
President's Council on Physical Fitness and Sports
450 5th Street N.W., Suite 7103
Washington, D.C. 20001
202-272-3421

American Academy of Pediatrics (AAP)
"Sports and Your Child"—Dept. C.
141 Northwest Point Boulevard
P.O. Box 927
Elk Grove Village, IL 60009-0927

Institute for Aerobics Research
12330 Preston Road
Dallas, TX 75230

American Alliance of Health, Physical Education, Recreation and Dance
AAPHERD Publications
1900 Association Drive
Reston, VA 22091
703-476-3400

Kate Connell

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People who take allergies seriously recommend Benadryl.

You see, pediatricians will tell you they've written more prescriptions for Benadryl Elixir than any other children's allergy medication ever.

And that it's safe, effective and good-tasting, too.

But ask your kids and they'll tell you that Benadryl relieves the runny nose, sneezing, itchy and watery eyes and other upper respiratory allergy symptoms that make them feel bad. After all, who knows better than your doctor?



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WHY THE CHIPS ARE DOWN



Get your kids off salty snacks with Del Monte Yogurt Cup.® It's creamy yogurt in four outrageous fruit flavors kids love. They contain no preservatives and need no refrigeration. So they go anywhere kids go. With Del Monte Yogurt Cup, you'll find the requests for chips are down.

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WE GROW BETTER SNACKS

Del Monte Quality

inued) Tampa, Florida, was once dentary bookworm and Nintendo who tipped the scales at 140 ds. But when the CHAMPS (Chil-'s Health and Motivational Pro-n) program was launched at the YMCA, "T.J. learned that exer-doesn't have to be punishment," his mother, Ann, who took aero-classes at the Y.





ges two to four RompAerobics e Aerobics r in Dallas, above. who have many tion options, are less likely tch too much TV

e ten-week program combines fun rities, such as swimming, skat-and scavenger hunts, with nutri-lessons and discussion groups. project involved bringing in pack-products from home and analyz-he labels. "T.J. brought in a box of n waffles and was amazed to learn much fat was in them," Ann re-bers. "Now he's become a whiz at uting fat content at the super-ket. We make a game out of it, and e all eating smarter."

ese days the video-game wizard is ounds lighter. He is also an avid polinist, tennis player and swim-who's more likely to reach for a a baked potato than a chocolate-cookie.

NG YOUR CHILD'S SCHOOL

ddition to setting a good fitness mple at home, parents can help im-e training at school. Although y schools *do* fall short, some dedi-l teachers are developing innova-programs. At Hackensack High, ew Jersey, for example, phys ed ructor Connie Trifletti converted a e-used cafeteria into the Fitness Center, complete with exercise bikes, rowing machines, free weights and Universal machines. Her "Introduction to Fitness" is now mandatory for the school's freshmen and sophomores. And at Riviera Beach Elementary School, in Pasadena, Maryland, gym teacher Ruth J.B. Bushnell decided to cut loose from the traditional athletics curriculum, which included prescribed amounts of field hockey, basketball and other team sports. Instead, she teaches students about one aspect of physical fitness—such as strength or endurance—for half of each class and then leads into activities that develop that quality.

To see how well your child's school is doing, use this checklist from the President's Council:

- Is there at least one period allotted to vigorous physical activity each day?
- Do the regular fitness activities include running, calisthenics, agility drills and—for older kids—weight training?
- Is there instruction in lifetime health and fitness activities such as swimming, biking, jogging and skiing?
- Are students screened to identify those who are weaker than average, inflexible, overweight or lacking in coordination? Are students given physical fitness screening tests at least twice a year?
- Are there programs for students with special problems?

TOWARD A FITTER FUTURE

No one is more committed to building stronger kids than Lenny Saunders, a phys ed teacher at William Mason and Valley View elementary schools, in Montville, New Jersey. Last year, he started Project ACES (American Children Exercising Simultaneously). Saunders got two hundred fifty thousand students in schools in all fifty states to agree to exercise for fifteen minutes on a specific day and at a specific time. This year he's doing it again on May 9, at ten A.M. local time. May 9 will be the first National Youth Fun and Fitness Day, which will be observed across the country with a variety of *(continued on page 110)*

IN FOUR GREAT FLAVORS



IN THE CANNED FRUIT AISLE

She used to toddle down the stairs in diapers, now she's gliding down in satin.

There was no preparing for this bittersweet mix of joy, awe and sadness. All those years of nurturing and worrying, making sure she stayed healthy and ate right. And suddenly, overnight...

Truth is, tomorrow morning you'll be making sure again. And that's where



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critically need. In fact, ounce
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as regular orange juice, without
added sugar or preservatives.
Combine that with calcium, and
you've got just the thing to help
keep her, and all your family,
strong and healthy for years to
come. And that's one vision no
satin dress can match.

Calcium and Teens

ce adolescence is a time of rapid growth, teens need to increase their im intake. Yet 85% of girls and 55% of 5-19 get less calcium than they should, not only could interfere with growth, ad to weaker, more brittle bones later hat goes for girls in particular, since bones are less dense to begin with. ce so many teens have cut down on milk, Hill Plus Calcium is an ideal way to help their RDA of 1200 mg. of calcium. An . glass provides 300 mg. of calcium, same as an 8-oz. glass of milk. And s Hill Plus Calcium is as delicious as ealthy, squeezed from oranges picked ir peak of ripeness. And it has no pre- ives or added sugar, just 100% pure plus the extra nutrition of calcium.

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Citrus Hill Plus Calcium. Because healthy kids are the real reward.

special report

(continued from page 107) activities, including health fairs and group fitness events. One hundred thousand kids are expected to participate. *Ladies' Home Journal* will co-sponsor the event, along with the National Recreation and Park Association and the President's Council. The day begins in Cincinnati, at the Bicentennial Commons, in cooperation with the Cincinnati Recreation Commission.



A HOPEFUL PREDICTION

These kinds of activities make many experts feel more optimistic about our youngsters' future fitness prospects. Even Mike Willett, who serves as program manager of the Chrysler Fund–AAU Physical Fitness Program of Indiana University and analyzes children's fitness scores each year, detects some small signs of encouragement. Yes, he says, 68 percent of our kids are flunking—but that's still better than the 71 percent who were flunking fitness tests three years ago.

Could it be, as Willett predicts, that the youthful fitness failure is finally bottoming out, and that a new, healthier era is about to begin? Maybe so, if we all arise from our couches and take a hike—or a bike. ■

Curtis Pesmen is a New York–based writer with a special interest in fitness and health.

"I hated the way I looked"



RECYCLING: THE NEWLY FIT DAVID SCHIBEL (LEFT) ENJOYS BIKING WITH HIS FAMILY

One April morning in 1989, David Schibel looked in the mirror and decided he didn't like what he saw. At the time, the seventeen-year-old from Pacific Palisades, California, tipped the scales at 230 pounds and had to squeeze into size 42 pants. David, who's five foot eight, had struggled with a weight problem since early childhood. He admits he often turned to food for comfort, indulging in hamburgers, french fries and submarine sandwiches. "I was kind of disappointed with my life," he admits.

Luckily, David was able to use his distress as a catalyst for change. Last spring, he signed up for the ten-week KidShape program at Cedars-Sinai Hospital, in Los Angeles. He also began working out each night and went on a medically supervised diet that included liquid meal replacements four times daily, plus a 500-calorie dinner. To keep his focus off food, David was instructed to consume the same meal every night for a week. One week, dinner might consist of chicken, a baked potato, salad and a small orange. The next it might be fish, a vegetable and an apple. The new diet and exercise strategies worked: David now wears size 34 pants.

As a result of the program, David's entire family is now more health-conscious. His dad, Bob, started reading food labels and grilling fresh fish instead of opting for frozen entrées. David's mother, Linda, regularly swims and does aerobics.

David says the KidShape program gave him confidence. Last summer, he worked up the courage to try out for the Palisades High School football team, and he's now a defensive lineman. All this is not to say maintaining a healthful lifestyle is a breeze. "It's still a big struggle," he admits. "But it's gotten a lot easier."

—NEIL COHEN and MARIANNE WAIT

"Now I can stretch, jump and jog"

"In first grade I was weak, but now I'm stronger," says eight-year-old Nicole Freeburger. She recently won the Governor's Excellence Physical Fitness Award, a certificate given to children who finish in the top 25 percent of those who take the school-administered fitness test in Maryland.

Nicole and her sister, Danielle, ten, have been working on their athletic skills in Ruth J.B. Bushnell's Witness Fitness physical education class at Riviera Beach Elementary School, in Pasadena, Maryland. "Now I can do stretches better, jump rope better and jog faster, too!" Nicole says.

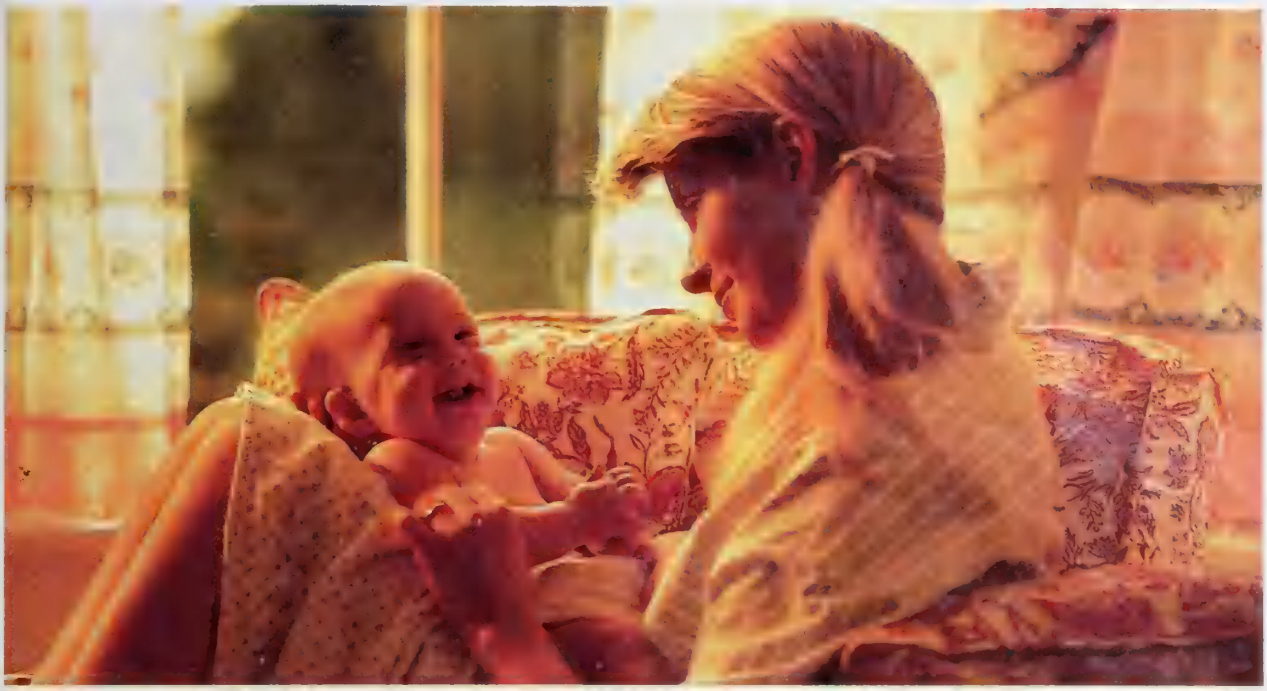
Although both girls have always enjoyed sports, "now they do them for a reason," says their mother, Sharon.

In addition to becoming more fitness-conscious, the sisters have taken their crusade into the kitchen, where they insist their mother remove all the fatty chicken skin and bake their french fries instead of frying them in oil.

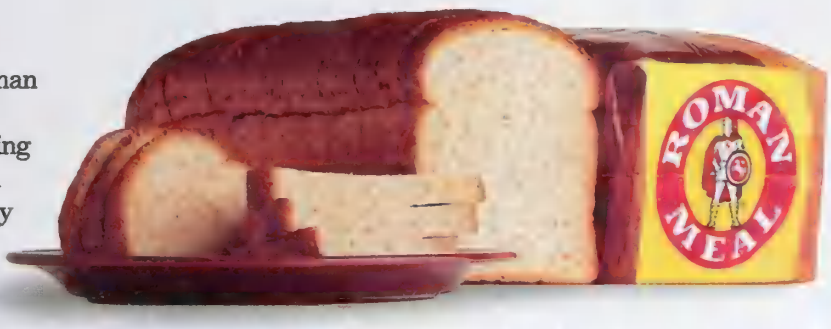
Even more important, they've finally convinced their mother to kick her twenty-year smoking habit. "They're so aware of their health now," says Sharon. "I hope it's something that's going to stick with them for the rest of their lives."

—NEIL COHEN and MARIANNE WAIT

Photos, from top: Randy Harmon, J. Myers/FPG.



When they change the way they make people, we'll change the way we make bread.



At Roman Meal, we've been operating pretty much the same way for years.

But then again, so have you. And as long as you still need good, sound nutrition, that's just what you'll get in all of our breads.

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MEDNEWS

To help you and your family stay healthy. By Sally Squires

BETTER BREAST EXAMS

Every woman needs to do accurate breast self-exams (BSEs). But many are unskilled—even women with a family history that places them at high risk of breast cancer. Over half of seventy-five high-risk women studied at the Johns Hopkins Medical Institutions, in Baltimore, failed to check the likeliest spot for lumps—the upper, outer quadrant of each breast. Moreover, when asked to find lumps in a breast model, only twelve found all of them. To protect your health, check your technique with a health professional, and perform BSEs monthly.

CALORIE CUTTERS

Breakfast can be as good for your waistline as it is for your health—if you opt for cereal with at least five grams of fiber a serving. Allen S. Levine, Ph.D., of the Veterans Administration Medical Center in Minneapolis, studied folks who breakfasted on juice and cereal with low-fat milk. On the days the subjects were given higher-fiber cereals, they ate up to one hundred fewer calories at lunch—without even trying.

A GROWING DANGER ON THE JOB

Judy Simpson, thirty-four, a supermarket cashier in Pittsburgh, can no longer do simple cleaning tasks or give her children an affectionate back rub. She says her problems began five years ago, when laser scanners replaced the cash registers at her store. Operations speeded up significantly, and after two years, Judy noticed numbness and tingling in her hands, then aching throughout her wrists, forearms and neck. Eventually, she needed surgery to expand inflamed ligaments that were pinching nerves in her wrists. Her pain was so severe that it kept her out of work on and off for nearly a year, and the condition hasn't been cured. Now she can manage to work only part-time hours and says her life has changed in many other ways, too: "I had to give up painting and ceramics, which I loved."



Judy is suffering from a form of what the U.S. Department of Labor calls the chief occupational hazard of the 1990s: repetitive strain injury (RSI), also known as cumulative trauma disorder. Experts say it's on the rise because of the influx of computers into the workplace. Women are most at risk; doctors who treat the disorder estimate that women are at least twice as likely to contract RSI as men. According to Linda Morse, M.D., an occupational-medicine specialist in San Jose, California, that's because "women do much more of the work that is starting to cause RSI."

They're also more likely to hold jobs not covered by health insurance, so women may have trouble covering the costs of this injury. They can't always count on workers' compensation, meanwhile, because employers are challenging RSI cases. Judy Simpson, for example, says she's struggling to pay thousands of dollars in medical bills because her claim was denied on grounds that the injury was not work related. While she appeals, the hospital is pressing her to pay.

THE ELECTRONIC-AGE SYNDROME RSI is not new; it has long been a scourge of meat packers, musicians and assembly-line workers, who perform the same movement over and over. But in the last ten years, the ranks of potential victims swelled to include millions of typists, telephone operators, airline reservations clerks, editors and checkout clerks. The number of cases reported to the federal government has skyrocketed from 23,000 in 1981 to more than 115,000 in 1988. RSI accounts for nearly *half* of all workplace illness, and the potential cost is staggering. "In another decade, fifty cents of every dollar spent on workers' compensation will go toward these disorders," predicts Roger Stephens, Ph.D., an industrial engineer for the federal Occupational Safety and Health Administration (OSHA). We may see a proliferation of lawsuits, too: A group of Colorado telephone operators is suing a computer manufacturer, claiming that poor keyboard design caused RSI.

AN INSIDIOUS THREAT A mild form of RSI is tendinitis, an achy inflammation of tendons, tendon sheaths and muscle tissue in the arms, wrists or shoulders—whatever area is being stressed. If the wrists are subjected to especially persistent strain, the result can be a form of RSI called carpal tunnel syndrome, in which tissues around the tendons become so enlarged that they compress the median nerve, which runs through the carpal tunnel, a passage in the *(continued on page 118)*

"Don't Touch!"

Introducing 2nd Skin® Moist Burn Pads. They soothe and protect household burns.

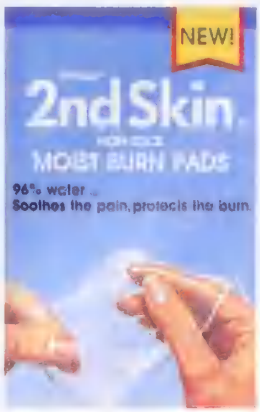


Clear thin gel sheets give you a window on the wound.

The words "Don't Touch" can be your child's invitation to a burn. But until now there wasn't much you could do to soothe the pain and protect their burn too.

New 2nd Skin® Moist Burn Pads are 96% water so they soothe burn pain on contact. And because they're a first aid pad they stay on to protect against reinjury. 2nd Skin® Pads won't stick to the burn either.

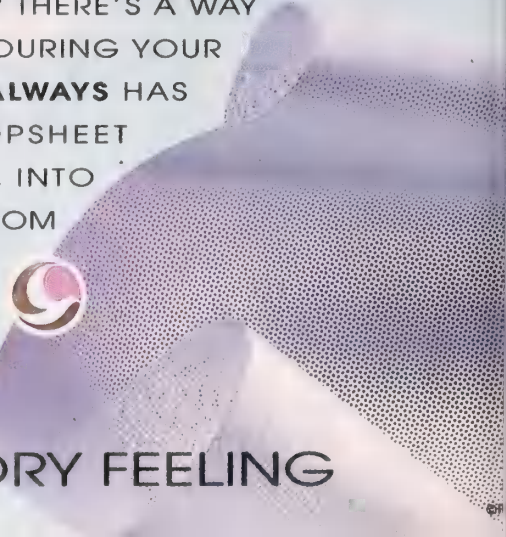
So try 2nd Skin® Moist Burn Pads. The next thing to reach for when you say "Don't Touch." Available in Canada, also.



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UP AND DOWN? WHEN I HAVE MY PERIOD, LIFE'S A ROLLER COASTER AND I'M JUST ALONG FOR THE RIDE. IT'S CRAZY. EMOTIONAL. COMPLETELY UNPREDICTABLE. **DID YOU EVER LAUGH AND CRY AT THE SAME TIME?** THAT'S WHEN A LITTLE COMFORT GOES A LONG WAY.

WOMEN WHO USE ALWAYS® KNOW THERE'S A WAY FOR YOU TO FEEL COMFORTABLE DURING YOUR PERIOD. THAT'S BECAUSE ONLY **ALWAYS** HAS **DRI-WEAVE**, AN INCREDIBLE TOPSHEET THAT PULLS MOISTURE THROUGH, INTO THE PAD. THEN LOCKS IT IN AWAY FROM YOU. SO YOU FEEL **CLEAN, DRY**... COMFORTABLE WITH YOURSELF.



always A CLEAN DRY FEELING


always COMFORTABLE WITH YOURSELF

(continued from page 112) wrist. The hand loses sensation and grip strength, and the dull aches worsen. In some cases the pain becomes so intense that it's impossible for the victim to perform ordinary activities—buttoning a blouse, for instance.

How does light work like word processing inflict such severe injury? Experts say that repetition of small movements can be as crippling as a single heavy exertion. A day's work at an old-fashioned typewriter provided built-in breaks, such as waiting for carriage returns and inserting paper. But with computer keyboards, thousands of keystrokes are made each hour without a halt, increasing the wear on hands. In addition, today's jobs tend to be more specialized, so the chances are even greater that workers will repeat only one type of movement all day.

WORKPLACE SAFEGUARDS Can anything be done to prevent RSI? Yes, experts say. Of particular importance are frequent rest periods (employers should provide breaks every twenty minutes), exercise, good posture and proper equipment, such as keyboard wrist rests and chairs that let you position your arms at the correct height.

■ If you use keyboards at work, take the following precautions: Keep your arms at a 90° angle when you type. The middle row of the keyboard should be at elbow level. Your feet should be flat on the floor and your lower back well supported by your chair—request an adjustable chair or footrest if necessary. The top part of your screen should sit no higher than eye level.

■ Supermarket cashiers should switch hands frequently and use the whole arm when passing items over scanners, avoiding flicking motions.

What should you do if you think you have RSI? Don't discount the twinges. Seek help right away. Ask your doctor to recommend an orthopedist who specializes in treating the hand, or a rehabilitation specialist. If you begin care early enough, you can often avoid surgery and prevent permanent damage to the nerves.

Current therapy for RSI begins with rest; doctors also use heat and massage to relax the muscles, ice packs and medications to reduce inflammation, and splints to keep wrists in the correct position.

Some companies question the size of the RSI epidemic, insisting the injuries are minor and could happen off the job. Other employers have been more responsive; many newspapers now provide RSI counselors and have modernized their keyboards and furniture. Some localities are exploring laws that would mandate safer conditions for computer users.

Most important, say experts, is awareness of the problem. Often symptoms strike only after working hours, and people don't connect the pain with on-the-job strain. OSHA is developing a three-part program to combat RSI: educating employees about symptoms; requiring the installation of better-designed equipment; and ensuring that doctors get word of the latest treatments. To arrange an RSI seminar at your company, call your regional OSHA office. Look in the telephone directory under U.S. Department of Labor.

—MARGARET ENGEL

ALCOHOL ALERT

Researchers at the Bronx [New York] Veterans Administration Medical Center recently reported some alarming news about women and alcohol: Females get drunk quicker than males—and may also be more susceptible to physical damage from alcohol. The study showed that women's bodies produce smaller amounts of an enzyme that breaks down alcohol; thus, more of the substance enters the bloodstream. According to Markku Linnoila, Ph.D., clinical director of the National Institute on Alcohol Abuse and Alcoholism, in Bethesda, Maryland, you can mimimize the risks by limiting daily alcohol consumption to one drink or less: one 12-ounce beer, one 4-ounce glass of wine or one shot of hard liquor. Consider abstaining completely if one or both of your parents has a drinking problem. A family history of alcohol abuse raises your addiction risk.

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Promise Spread 2 (8 oz) Package, Soft.
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Italian Whole Beans, Leaf Spinach,
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Petite Peas, No Salt Added,
Petite Peas with Pearl Onions,
Petite Sweet Corn, Petite White Corn,
Petite Whole Beans, Petite Whole Onions
Rancho Fiesta Salad, Sugar Snap Peas,
Sugarloaf Corn, Whole Baby Carrots.

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Hanover Frozen Vegetables
Baby Lima Beans,
Blue Lake Cut Green Beans,
Blue Lake French Green Beans,
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Cut Golden Beans, Diced Green Peppers,
Fordhook Lima Beans, Mixed Vegetables,
Sliced Carrots, Succotash, Sweet Peas,
Vegetables for Soup, Whole Okra,
Yellow Sweet Corn.

Hanover Frozen Specialty Vegetables
Blue Lake Whole Green Beans,
Broccoli Florets, Cauliflower Florets,
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Petite Brussel Sprouts, Petite Peas,
Snow Peas, Sugar Snap Peas,
White Shoepeg Corn, White Sweet Corn,
Whole Baby Carrots, Whole Golden Bean

Hanover Frozen Vegetable Blends
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PERSONAL JOURNAL

Important insights into the way we feel

THE LHJ '90s NETWORK

Our monthly reader call-in poll

April 15 is probably the one day of the year that Americans dread most. Tell us how you *really* feel about income taxes

Do you think it's wrong to cheat on your taxes?

a) No, the government takes far too much of my money anyway

b) No, everybody else does it, so why shouldn't I?

c) Yes, because I'd be afraid I'd get caught

d) Yes, because I'd feel too guilty

e) Yes, because it's illegal

Call 900-370-5626 by April 10 to tell us your answer. The first minute will cost you seventy-five cents; each minute thereafter will cost fifty cents. You must use a touch-tone phone.



Eric Rasmussen

When you're more ambitious than your husband

Julie, a thirty-nine-year-old publishing executive and mom-to-be, has upscale dreams: a prestigious career, a luxurious house, designer clothes, vacations in Europe. Her forty-year-old husband, Mark, doesn't care about any of these things. A free-lance piano teacher, he's content to wear sweats every day, to spend vacations at the park and to live with Julie in an apartment just big enough for his piano. "I want more than my husband does," Julie acknowledges ruefully.

She has plenty of company. Experts say there's a growing number of women who either want to or are already outpacing their husbands in ambition and achievement.

"No question about it—there's a rising level of ambition among women," says Vance Grant, Ph.D., a statistician for the U.S. Department of Education. According to Grant, a good way to track this phenomenon is by looking at college enrollment; currently, women make up 54 percent of students. Meanwhile, the number of women over age twenty-five who are attending college increased 39 percent in the last ten years. And expanded opportunities for women to have higher-powered careers means that more wives are becoming the major breadwinners: 18 percent now earn more than their husbands. Finally, there are the accomplished and self-confident women who choose to marry beneath their socioeconomic status rather than remain single.

"The trend is in place," says Rosalind Barnett, Ph.D., senior research associate at the Center for Research on Women at Wellesley College, in Wellesley, Massachusetts. "More women are succeeding and moving ahead of their husbands. The question is: What does this lead to in a marriage?"

Nothing in common

Not surprisingly, wanting more than your husband does can put a strain on a relationship. "Marriages frequently break up over these kinds of differences," says Mathilda B. Canter, Ph.D., a clinical psychologist in Phoenix.

Most of us want someone with the same aspirations we have. That's because ambition—the force that propels us to achieve our goals and dreams—is very much part of who and what we are. When a woman wants more out of life than her husband does, she may come to feel that they have little in common. She may also be angry that he doesn't push himself as hard as she does.

"I got tired of him not wanting to better himself," says a certified public accountant who divorced her husband, a custodian, after sixteen years of marriage.

In this kind of relationship, money can take on a disproportionate importance. "There's likely to be an underlying feeling that he's not carrying his share of the load," says Ronald Levant, Ed.D., professor of counseling psychology at Rutgers University, in New Brunswick, New Jersey.

The less-ambitious husband will have some problems of his own. He may feel threatened by his wife's success. And he may believe he's not man enough for her.

Consciously or unconsciously, his wife may agree with him. Most women were raised with the notion that their husbands would be more successful. When just the opposite occurs—especially if *(continued)*

The way a woman wants to feel.





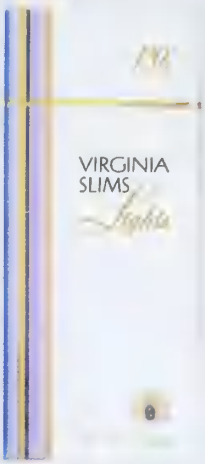
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After several attempts to voice her opinion, the town council finally yielded the floor to Valerie Jordan.







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(continued) the wife is earning more—one or both partners can feel disillusioned or even betrayed.

Working things out

But a difference in ambition doesn't have to drive you apart. How can you solve the conflict? Have a long talk with your husband about your differences. You may discover that he truly enjoys his job as a local salesman and that being a regional sales manager would make him miserable. So try to understand and accept the fact that you have different goals.

Second, look at the total package. He may not be vice-president of his company, but maybe he's a great father. Emphasize his good qualities regularly by saying something like, "Honey, no father I know helps his kids with their homework the way you do. You're a great dad."

Be supportive and encouraging. Some men don't push themselves ahead because they lack self-confidence. If that's true of your husband, putting him down will only make him feel worse.

Don't be influenced by others. If friends or relatives think less of your husband because he's "just" an auto mechanic, that's their problem.

Finally, examine your own feelings. Perhaps you still secretly harbor visions of a June Cleaver lifestyle. Julie, the publishing executive, admits to having some of those old views. "I think, If my husband really loved me, he'd provide for me," she says.

It took Julie some soul-searching to understand that what really matters in a relationship isn't who earns more. "Mark may not be a hotshot lawyer, but he makes me feel loved," she says. "Who can ask for more than that?"

—ESTHER DAVIDOWITZ

PERSONAL JOURNAL

Mouse as metaphor

As soon as I turned the corner into the living room, I saw IT: a mouse dancing across my floor. I screamed and leaped onto a dining-room chair. The mouse, unperturbed, watched as a reasonably competent, self-confident woman turned into a hysterical female.

I flashed back to an incident that happened when I was seven years old and had spied two mice scampering down the stairs of our house. I wasn't afraid until I saw the baby-sitter's reaction: She vented a blood-curdling screech before whisking me into the bedroom.

And there we sat until my parents came home and my father pronounced the coast clear. Later, he scattered baited traps about the house. A few mornings later, my mother discovered one trap inhabited. "Don't touch it!" she shouted. The mouse lay there until my father came home from work and disposed of it; its brother was never found.



For weeks afterward, I dreamed about giant mice with fangs. I'd wake up and yell for Daddy, who'd come in and slay the imaginary beast. Over time, the image of the mouse flashed before me whenever I was faced with a situation that seemed too frightening, formidable or risky for me to tackle.

Like the situation I was in now. Still perched on the chair, I called the building super. By the time he arrived, the mouse had taken cover. The super deposited bait and trays of yellow glue in every corner. "What if it gets stuck in there?" I asked plaintively. "It's *supposed* to get stuck in there," he replied.

The next day I tiptoed around, convinced that the mouse from hell was waiting for just the right moment to attack. Every sound sent my pulse racing. That small creature—the symbol of my unmastered fears—was in control.

Later, I heard the telltale squeak. I crept toward the living room, armed with a broom. There, next to the radiator, was my nemesis, stuck to the yellow gook.

It was the proverbial moment of truth. I knew I had to deal with that mouse or forever lose my self-respect. I grabbed a trash bag, donned a pair of pot-holder mitts and inched the tray out from under the radiator. The mouse was barely alive and looked far less menacing than I had imagined. I dropped it into the bag and hurried out to the trash chute. A few seconds later, IT was gone.



So was my sense of helplessness. Like many other things in my life, coping with the mouse was something I never thought I could do; deep down I had believed that some "monsters" could be slain only by someone far braver or smarter or more talented than I. And that lack of self-confidence meant I'd sidestepped situations in which my success was not guaranteed.

Now that I've beaten the flesh-and-blood mouse, I've become a new woman. Maybe I'll camp out. Write the great American novel. Put up that new bathroom cabinet. Why, I may finally have a real-live dinner party! And if I don't do it all perfectly, well, that's okay, too. At least I'll know I tried.

It reminds me of something Walt Disney once said: "To think it all started with a mouse."

—MARGARET JAWORSKI ▶

PERSONAL JOURNAL



The Maybelline/Ladies' Home Journal Lifetime Makeover

ENTER OUR CONTEST—YOU MAY WIN A CHANCE TO REACH FOR YOUR DREAMS!

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To be eligible to enter our Lifetime Makeover, you must have already taken some concrete steps toward reaching your dream. Send us a five-hundred-word essay, typed and double-spaced, telling us about yourself, how you are working toward your goal and how you would spend the prize money. Your essay must be signed and accompanied by two photos of yourself—one should be a head shot, the other a full-body shot; you can also include a picture taken with family and friends. The coupon at left must be completed and attached to each entry, and you must give at least one personal reference—a business associate, pastor, friend or family member. Finalists may be asked to provide additional information. Send the coupon with your essay and photographs before June 1, 1990, to Maybelline/Ladies' Home Journal Lifetime Makeover, P.O. Box 1749, Bristol, CT 06010-1749.





All essays and photographs will remain the property of *Ladies' Home Journal*. Winners will be featured in our November 1990 issue.

Please turn to page 236 for the official contest rules.

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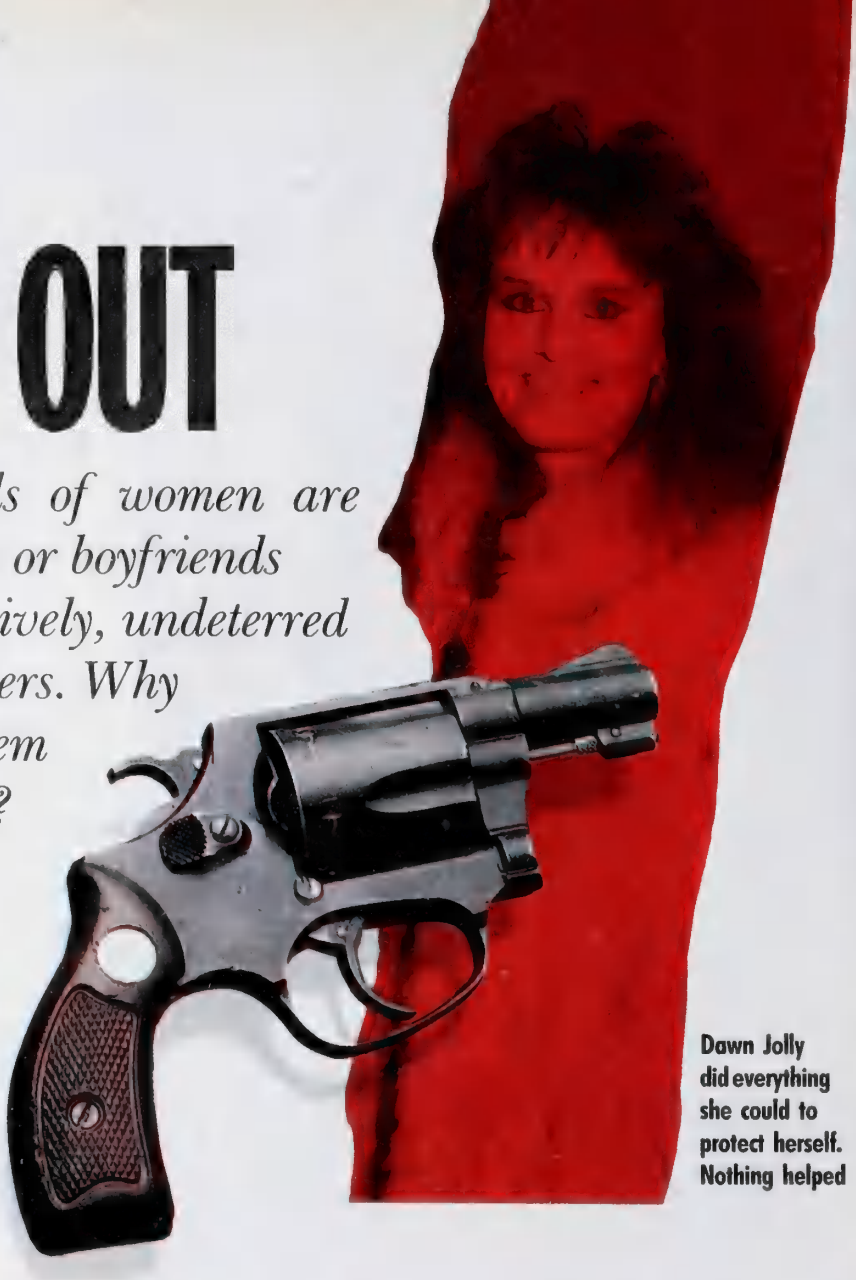


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NO WAY OUT

Each year, hundreds of women are killed by ex-husbands or boyfriends who stalk them obsessively, undeterred by police or court orders. Why has our legal system failed to protect them? A disturbing report



Dawn Jolly did everything she could to protect herself. Nothing helped

On September 15, 1989, Dawn Jolly, a twenty-five-year-old mother from Hillsborough, North Carolina, received a dozen red roses at work from her estranged husband, Randall. The card read, "With Love." But Dawn didn't welcome or acknowledge the gift: For months, friends say, Randall had been hounding and threatening her. Though she'd obtained a restraining order barring him from contacting her or their four-year-old daughter, Brandi, the harassment continued, making her life a living hell.

Back in July, according to warrants filed in court, Randall had rammed her car in the parking lot of a local restaurant, severely damaging it, and had dragged her onto the ground by her hair. Dawn pressed charges, but Jolly was released on $500 bail. Four days later, he had allegedly chased her on an interstate highway at 100 mph, waving a gun out of his car window. Again, Dawn pressed charges. And once again, pending a trial, Randall was released.

On the day before Dawn was to testify against her husband in court, she found a bullet lodged in her computer at work; someone had fired through the window opposite her desk. Badly shaken, Dawn broke down at the hearing, and the judge dropped the charge on grounds of insufficient evidence.

The roses arrived the following week. Four days later, prosecutors say, Randall Jolly shot Dawn four times as she sat in her car outside Brandi's day-care center. She died a few hours later. Randall Jolly is scheduled to go on trial for first-degree murder on April 16.

By Samme Chittum, Mark Bauman and Irene Nyborg-Andersen

Shocking as Dawn's story is, it is all too common: She was but one of hundreds of women who die each year at the hands of men whose love has turned into a dark and relentless obsession. In 1988, the latest year for which

(continued)

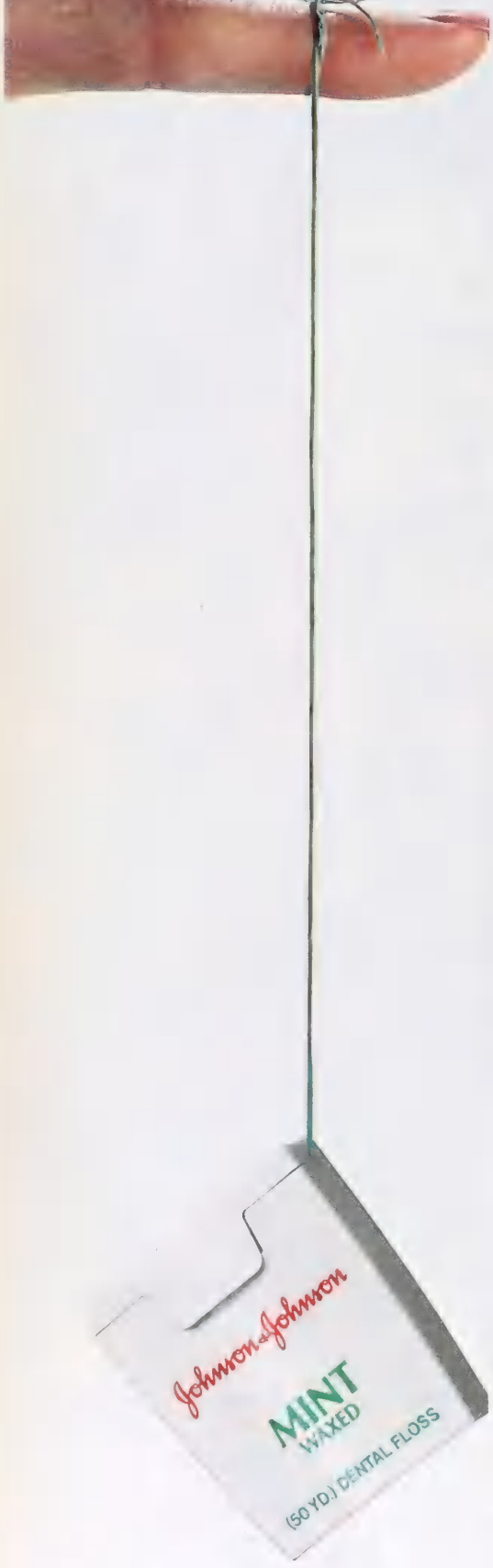
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FBI figures are available, 1,429 women were killed by a male partner. That is 31 percent of all reported female homicides for which a cause of death is known. Frequently, like Dawn, these women were killed after they left the man and pressed charges.

Lisa Bianco, a twenty-nine-year-old mother of two, was another such victim, according to prosecutors. They say that last March, Lisa—who, in a bitter irony, was working as a counselor at a battered women's shelter—was beaten to death with an unloaded shotgun by her ex-husband, Alan Matheney. Matheney, who was serving a five-year prison sentence for a previous attack on Lisa, was out on an eight-hour furlough from an Indiana jail when he killed her.

Though she had repeatedly asked authorities to notify her if Matheney was granted a furlough, no one told Lisa he would be free on that day. "They promised to contact me," Lisa told a friend a few months before her death. "So now I know if I don't hear anything, he's still [in] there." But her faith in the system was sadly misplaced.

The limits of the law

It is little consolation to the people who knew and loved them that Dawn and Lisa took advantage of every legal recourse available. Dawn's co-workers, who uniformly describe her as outgoing and kind, are horrified by the lack of cooperation they feel she received from the local police and courts. In the months preceding her death, they say, Dawn's weight plummeted; she often felt frightened, frustrated and besieged, despite the fact that she had a lawyer, court orders of protection, a tight network of friends and a secure house.

"Dawn felt that the court and the legal system were not taking her seriously," says Pat Stuart, one of her friends. "This is a rural area, and a lot of the policemen and sheriff's deputies knew Randall. They had this attitude that 'it's a household thing and they'll get over it.' But Dawn didn't know how to make Randall leave her alone. She found a new house in a new city, but she didn't change her job or her daughter's day care. If she'd moved across the country, maybe Randall wouldn't have followed her. But a woman shouldn't have to totally uproot herself and her child."

Another co-worker, Judy Clark, says angrily, "I think all the way down the line these people thought, Randy Jolly is a good ol' boy. He's not going to hurt anyone, so let's leave him alone.

"It's like we're living in the Dark Ages. It's a felony to steal a dog North Carolina; you can get ten ye in prison for that. But assault is only a misdemeanor."

Lisa's brother, Mark Bianco, says that the authorities were slow respond to his sister's calls for h "We don't just blame Alan for w happened," he says. "We blame cops on duty, the lawyers—every involved." Like Dawn, Lisa had d everything she could to protect her She filed complaints against Ma eney, whom she had divorced in 19 she went into hiding for a time considered changing her name. " even got a gun permit. But she afraid to have a loaded gun around children," Mark says. "She thou that the system would protect her."

In a videotape she made for prose tors two years before she died, described her husband's most re attack: "He started hitting me in back and on the top of the head, cause the last time this had happe there was a lot of blood and he di want any telltale signs," she said. tied my feet with extension cords gagged me with a necktie." On tape, Lisa's hands go up to her and she starts to cry: "He told me was doing it because he loved me."

A tragic tradition

Historically, wife-beating was a band's legal right because his was considered his possession, or c tel. Though some states began to t away that right in the late ninetee century, the courts still largely a as if what went on behind closed d was nobody else's business. It wa until the late seventies that attitu began to change—though even to it seems, a tragedy has to occur be the plight of a battered woman is en seriously by the authorities.

Until fifteen years ago, police tr ing made no distinction between bal and physical domestic dispu Where violence had occurred, the lice would typically walk a around the block to cool him off even discourage the woman f pressing charges. Today, while creasing numbers of police dep ments are training officers to be n sensitive to victims' needs, nation the practice is still not as widespr as it should be.

What's more, while studies h shown that arresting a batterer sig icantly reduces the chance that he repeat his offense, only twelve st have mandatory arrest policies cases of domestic violence.

There has also been little progres the *prosecution* of batterers. In m areas of the country, for example, th

need for stricter enforcement of
s of protection, says Sue Martin,
tor of planning and development
ıe Family Violence Project, in San
cisco. These orders—which are
ıt to prohibit an abusive man from
oaching his victim or even tele-
ing her—can scare some batterers
, especially those who don't have a
nal record. But too many judges
o enforce them. "Some judges can
guy fifty times not to breach an
of protection," says Dallas detec-
J.J. Coughlin, who has investigat-
ses of this kind. "And the man is
; to have to violate it several times
e anything is done."

ven to extremes

r such circumstances, some women
o alternative but to fight back—but
they do, they find that the legal
m is not likely to be lenient. Studies
that only 20 percent of battered
en who are charged with killing
partner are acquitted; the rest are
cted, or they plea-bargain to avoid a
Of those who are convicted, about
eceive prison sentences of ten years
re.

ile research shows that women who
re more likely than men to kill in self-
se, experts say that self-defense laws
traditionally been hard to apply in
ase of a battered woman. This is
ıse the laws evolved from cases in-
ng two males in a "fair fight among
s" (that is, men of approximately
ame strength, confronting each other
ituation where violence has occurred,
e threat of it is imminent).

ıen one of the parties is a female,
ver, these standards are not so
-cut. Since women tend to be small-
an men, females who kill in self-
ıse usually use a weapon—but
s have traditionally ruled that an
ılt by an unarmed person does not
y killing in self-defense.

e women who kill in a moment
the batterer is not attacking fall
another murky legal area. Advo-
for battered women argue that
times the only chance a victim
o defend herself is when there's a
n the violence. But in those cases,
ı be hard to prove that the threat
fe was imminent, as the laws of
defense require.

n confronted by prosecutors and
s all the time who believe I'm try-
o stretch the requirement that the
t to life be imminent," says Holly
uigan, a professor at the Criminal
ıse Clinic at New York University
School. "But I don't believe I am.
e women know when their lives are
g threatened."

artha Davidson, a thirty-four-
-old mother of two from Indiana,
shot her husband, Jim, to death in 1986. She feels that she acted in self-defense. At her hearing, Martha testified that Jim had beaten her repeatedly throughout their marriage, and that on the night she tried to leave him, he hit her, pushed her down on the bed, slashed her thighs and rib cage with a knife, and sodomized her. Then, Martha says, he told her, "You're not going to get out of this house alive."

For a few minutes, Martha sat on her bed, crying. Then she got up, took one of her husband's guns down from its bracket on the wall, walked into the living room and shot him in the head. "I knew that if I left that house, he would kill me," she says, sobbing.

Terrified by what she had done, Martha called the police and told them that two men had broken into the house and killed Jim. Almost two months later, however, she was arrested for first-degree murder.

Martha says that her lawyer never told her that she could plead self-defense. She believes she could have supported such a plea with depositions from neighbors who witnessed the violence that led to the shooting. Instead, her attorney arranged for her to plead guilty to voluntary manslaughter, and the judge gave her a jail sentence of twelve years—one for every year of her marriage.

Until the late seventies—and, in some areas, even later—attorneys representing battered women accused of murder would often have their clients plead not guilty by reason of temporary insanity or plead guilty to a "heat of passion" manslaughter charge, notes Drew Findling, an attorney in Atlanta who has represented numerous battered women. But in recent years the courts have begun to interpret self-defense laws more broadly to better protect women. Some attorneys have tried to bolster a self-defense plea with the psychological diagnosis of "battered woman syndrome," which seeks to prove imminent threat to life. This theory holds that abused women feel in constant fear for their life but are left so degraded by continuous abuse that leaving a batterer often seems an impossibility, and killing him is seen as the only way out. This strategy has been successful in many states and in some federal courts.

There are other signs that authorities are taking another look at cases of this type. In Washington State, Delia Alaniz, who was abused for seventeen years by her husband before she hired a gunman to kill him, was granted a clemency release last October after serving less than one year of a ten-year sentence. "Though I do not condone the *(continued on page 134)*

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■ NO WAY OUT

continued from page 129

action by Delia Alaniz," Governor Booth Gardner noted at the time of her release, "it is my hope that her story will increase public awareness of the tragic consequences of the battered woman syndrome and will reinforce our determination to provide more effective alternatives to end this destructive cycle of family violence."

What must be done

The number of women who kill their male partner started to decline considerably ten years ago, about the same time that money started to be made available to help battered women, and states began to enact new legislation specifically targeted at domestic violence cases. On average, however, the number of men who kill women has increased, according to Angela Brown, Ph.D., author of several studies on battered women.

"It seems that as we give women new alternatives they do take them rather than kill," says Brown. "But I wonder if men aren't pursuing those women and killing them for leaving."

What can be done to prevent tragedies like those of Dawn Jolly and Lisa Bianco? Advocates for battered women believe that all the elements in th legal system must work effectively: diligent police department cannot hel women if the local judge remains un sympathetic, and vice versa. They' like to see the following changes:

■ *Better training of police* so they kno how to spot and handle violence and s that parole and probation officers ca gauge how dangerous a batterer is.

■ *More mandatory arrest policies* s abusive men know that their commu nity does not consider their behavio acceptable. Police arrests immediatel separate a batterer and his victim an take the burden of pressing charge away from the abused woman.

■ *More aggressive prosecution*, whic includes strict and consistent enforc ment of protection orders: arrestin the batterer the first time an order violated; setting higher bail or deny ing bail altogether.

■ *Education of lawyers and judges.* D fense lawyers must know and advis clients about battered woman syn drome; prosecutors and judges shoul better understand domestic violence.

■ *Victim advocacy policies* that re quire police and the courts to infor battered women of all legal recourse and services.

■ *Mandatory counseling for the abus* instead of leaving it up to each judge discretion.

■ *More resources for victims.* Man women are turned away from shelte because of lack of space. Money is u gently needed for shelters and for lon er-term transitional housing, as we as for legal and counseling services.

■ *Increased community education*, i cluding programs on domestic violenc to be given to schools, churches an civic groups.

Finally, experts say, society's attitud about the plight of battered wome must change. "It depresses me that hun dreds of thousands of people in Easter Europe go out into the streets to d mand their freedom, and we can't a tract fifty people to a forum on battere women," says Ted Moore, Dawn Jolly former employer. "Until our commun ties say, 'We're not going to tolera this,' it will persist. But people don rally to your support on this issue."

"Ultimately, no one can stop on person from killing another in ever case," adds Sue Martin. "But if th police, courts, schools, legislatures an families all stopped sending the me sage that abusive behavior is toler ble, a lot of the women we've bee talking about would be alive today."

If you are a battered woman, you can g help. Call the National Domestic Vi lence Hotline, 800-333-SAFE, which o erates twenty-four hours a day.



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time-out

SIMPLE PLEASURES







What a difference just a few hours make! Do something messy with the kids (like finger-painting). And enjoy time for just the two of you—what's better in spring than spring rolls and a smooch?

Eric Rasmussen

WE ASKED FIFTY BUSY WOMEN WHAT THEY DO WHEN THE PACE JUST GETS TOO FRANTIC. HERE ARE SOME OF THEIR FAVORITE WAYS TO STOP AND SMELL THE ROSES

Send your husband and kids to *The Little Mermaid* (your treat, popcorn included), and curl up with a three-handkerchief book.

Do something completely different and rather unexpected—take a beginning dance class in tap, ballet or jazz, and feel the earth move under your feet.

Buy a big bag of jasmine-scented potpourri and tuck it in lots of secret places all over the house.

Take a walk on the wild side and visit the local zoo. Buy a gooey caramel apple and make funny faces at the monkeys.

Challenge your spouse to a game of tennis or racquetball (both are great ways to slam your frustrations out). Loser buys dinner.

Sort through all those recipes you've been saving and meaning to try, and surprise the gang with a gourmet masterpiece.


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time-out



The best things in life may be free—but a mini shopping spree can be such fun! Sexy new lingerie can lift your spirits, and buying that big-brim hat helps set your sights on spring





Sharpen your knitting needles and start a new sweater or afghan. (The fun is really in the starting—who cares if it takes you a year to finish?)

A rage to shop but short on cash? Head for flea markets and estate sales to unearth can't-be-beat bargains. What's collectible now? Old toys and dolls, Hollywood memorabilia, sports items (especially baseball cards), Depression-era glass, old kitchen wares, folk art and quilts.

Bake something quick and simple that makes the house smell heavenly. Our pick:

MOLASSES GINGER COOKIES

Prep time: 10 minutes plus chilling
Baking time: 10 to 12 minutes per batch

- 2 cups all-purpose flour
- 2 teaspoons baking soda
- ½ teaspoon salt
- ½ teaspoon ginger
- ½ teaspoon cinnamon
- ¼ teaspoon cloves
- 1¼ cups sugar, divided
- ½ cup butter, softened
- ¼ cup vegetable shortening
- 1 large egg
- ¼ cup unsulfured molasses
- 2 teaspoons grated orange peel

Preheat oven to 350°F. Sift flour, baking soda, salt, ginger, cinnamon and cloves together in medium bowl. Beat 1 cup sugar and the butter and shortening until light and fluffy. Add egg, molasses and orange peel; beat until smooth. Add dry ingredients and beat until combined. Refrigerate at least 30 minutes.

Roll dough into 1-inch balls. Roll balls in remaining ¼ cup sugar and place 2 inches apart on ungreased cookie sheets. Bake 10 to 12 minutes, until golden. Makes about 4 dozen.

Eric Rasmussen

Shopping in several off-price stores and actually finding sensational bargains



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time-out





Want sunshine on a cloudy day? Treat yourself to a plethora of posies (maybe he'll surprise you with one!). Or plant your own blooms, grab a chaise and watch that garden grow



Got a drawerful of stray socks? Don't we all. They happen to be perfect for making puppets with the kids. Decorate with buttons and colorful yarn, stuff with cotton and put on a show.

Dust off your roller skates and head out to the rink (wear dark sunglasses if the neighbors are watching). They still play that good old calliope music, and somehow skating round and round really does make troubles just fade away.

The next time the urge for new clothing is uncontrollable, buy socks in powy patterns and sock-it-to-'em colors—we promise even the priciest ones won't set you back too much.

Movies for me

Does your video choice always get vetoed by the family? Rent a special film to savor alone. We suggest:

TRUE CLASSICS
Wuthering Heights
Roman Holiday
The Philadelphia Story
From Here to Eternity
The Country Girl
Jezebel
Anna Karenina
A Star Is Born (Judy Garland version)
Cat on a Hot Tin Roof
Summertime

NEWER RELEASES
Babette's Feast
Dominick and Eugene
Children of a Lesser God
Hope and Glory
A Room With a View
Amadeus
The French Lieutenant's Woman
Tender Mercies
Out of Africa
When Harry Met Sally

Taking a long walk on a perfect spring day to see the very first cherry blossoms

Eric Rasmussen



Buy A Dustbuster Now And You'll Really Clean Up.

rchase a Black & Decker Dustbuster® vac between now and April 30th and you'll be able to tidy up messes like cookie bs, pet hair and potting soil, while getting yourself a tidy little savings in the bargain.
d that's not the only neat thing about this special sale event. We'll also include a year's supply of filter bags absolutely free.

So don't miss this opportunity to clean up around the house and at your nearest participating retailer. Come in soon. Because not buying a Dustbuster® now would be a dirty shame.

To find out where Dustbuster® vacs are on sale in your area, call 1-800-552-0553.

Dustbusters available at: K mart, Target Stores, Sears Stores, Service Merchandise, Best Products, participating True Value Hardware Stores, participating Ace Hardware Stores, Fred Meyer, J.C. Penney Stores, Walgreens Stores, Fedco Membership Department Stores

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Dustbuster® filter bags free. Here's how: 1. Buy any Black & Decker ster® handheld vac. 2. Send an original dated sales receipt and UPC symbol (see attached to this completed form. 3. Mail to: Black & Decker Dustbuster® Offer, rong Road, Shelton, CT 06484

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quests must be postmarked no later than 8/30/90. Offer good only in U.S., void where ed, taxed, or restricted by law. Resellers and gift recipients not eligible for offer. Allow ks for delivery. For prompt processing, mail requests only to address shown.

BLACK & DECKER®

time-out

So you want to be alone? Hang up a Do Not Disturb sign and slip into a bubbly tub. Ready for company? Invite your pal and dish over coffee!







If what you really need to get it together is a luxury spa, turn your bathroom into a pampering retreat instead (not quite the same thing, we know, but at least it's cheaper). Collect spoil-you-rotten bath accessories like huge, fluffy towels, scented bubble bath and oversize sponges.

Go ahead, make your day. Hire someone to clean the house—just this once—and spend a Saturday doing absolutely nothing.

Got to get away? Just take a peek at pics from your favorite family vacations—you'll be inspired to plan your next trip!

Car tunes

Driving along in your automobile without a great tape of tunes can drive you crazy. Here, rock albums to rev you up in the A.M. and classical pieces to calm you down during a traffic jam.

MORNING GLORY

Aretha Franklin—Lady Soul
Bruce Springsteen—Born to Run
The Traveling Wilburys—Volume One
Neil Young—Freedom
Bob Dylan—Highway 61 Revisited
The Rolling Stones—Beggars Banquet
Janis Joplin—Pearl
Madonna—Like a Prayer
Van Morrison—It's Too Late to Stop Now

AFTERNOON EASE

Grieg—Peer Gynt Suite
Debussy—Prelude to Afternoon of a Faun
Brahms—Piano Concerto No. 2 and Violin Concerto in D Major
Beethoven—Symphony No. 8
Bach—Brandenburg concertos
Rodrigo—Concierto de Aranjuez
Verdi—La Traviata
Mozart—string quartets
Satie—Trois Gymnopédies ■

Heading for a nearby State park with my family for a day of hiking and picnicking

Eric Rasmussen

THE PERFECT RECESS

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Re·cess (Parliament): A unique filter for extra smooth taste and low tar enjoyment.



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know-how

Even in families where aging parents and adult children are close, talk of death and inheritances can be touchy. Here's how to avoid needless feuding



Bob Weber

THE LAST TABOO

By Andrea Gross

Linda was asleep when the phone rang. "Your mother's in the hospital," the voice said. "It looks like a heart attack. You'd better come right away."

By the time she reached the hospital, recalls Linda, age fifty, "Mom had died. Dad, who's nearly ninety and has Alzheimer's, was wandering the streets of Los Angeles. And my brother . . ." She pauses to control her tears. "My brother, Bill, had opened my parents' safe and was taking as much as he could—jewelry, a pair of antique silver candlesticks Mom loved, a photo album with pictures of Dad in his World War I uniform."

The worst was yet to come. While Linda was making funeral arrangements and finding someone to care for their father, Bill was ransacking their parents' bank accounts. He managed to withdraw more than $94,000, leaving their father nearly penniless.

The next year was a nightmare. "I spent more time with lawyers than I spent with my husband and kids," says Linda, who sued her brother to recover the money. "I need it to provide for Dad, and if there's any money left when he dies, some of it should go to me." Her eyes grow steely. "Why should Bill get it all?"

Although the legal and financial aspects of this case are complex, the personal consequences are clear. "Mom's death, Dad's inability to converse, and now my brother's actions—I'll never speak with them again," Linda says sadly. "I've lost my childhood family."

A common problem

Such bitterness and confusion follow the death of a parent all too often. Says Edward Myers, author of *When Parents Die* (Viking, 1986), "We all like to think that the remaining family members will pull together in a sense of shared loss and closeness. Unfortunately, that frequently isn't the case."

Contrary to popular belief, inheritance struggles are not limited to the rich and famous. Disputes are widespread at all income levels, says Hirsch L. Silverman, Ph.D., director of the National Academy of Counselors and Family Therapists. A New Jersey clinical psychologist, Silverman has worked with squabbling siblings for more than forty years.

What causes such turmoil? The *(continued)*

POULTRY



POETRY



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No matter which side you look at – our Cheese Tortellini side or our Rice Pilaf side or our Spring Vegetables side or our Cheddered Potatoes with Broccoli side or our Ziti with Marinara side – you'll find a deliciously inventive side dish that'll make your main dish that m more special. In fact, we have so many g sides you may have trouble de-siding. In case, you just may want to pick up three and forget your main dish altogether.

THE Budget GOURMET SIDE DISHES

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(continued) almighty dollar is undoubtedly a factor, but money alone is rarely the root of these conflicts.

Subconscious causes

"The death of parents brings up long-standing resentments of the you-always-got-more-cookies-than-I-did variety," says Deborah Casey, former director of Boston's Omega Emotional Support Services for the Ill and Bereaved. Aging parents themselves often set the stage for a future feud. "As an elderly person loses control of his life, he becomes frightened and vulnerable," says Jane Norris, one of the authors of *Daughters of the Elderly* (Indiana University Press, 1988). "To protect himself, he makes conflicting promises."

A Los Angeles woman, for example, told her son she had put money into trust accounts to pay for his children's college education. Later, sick and needing care that only her daughter could provide, she agreed to transfer the money to her daughter. After the woman's death, her son discovered the duplicity and was hurt and angry. Today, several years later, the differences between brother and sister are irreconcilable.

If this woman had explained her actions to her son while assuring him of her love, it's unlikely the problem would have developed. "About one third of my clients treat their children unequally in terms of property settlements," says Robert Temmerman, a probate attorney in San Jose, California, "and often they have understandable reasons for doing so. Some children have special educational or medical needs; some are children of prior marriages and expect to inherit from the other parents; some are in better financial circumstances than their siblings. But I rarely find disharmony when parent-child communication has been good. My advice is, 'Let there be no surprises.' "

Yet very few families have such communication, since talk of death and money may be a double taboo. "Parents are reluctant to dwell on their own mortality, and the children find it just as uncomfortable," says Virginia Daugherty, R.N., a consultant with ELC, a company in Los Altos, California, which advises corporations on issues regarding the elderly. Finances are equally touchy. Parents often want to maintain privacy about their monetary affairs, and children feel like vultures if they bring up the topic of inheritance.

If the parents do not call a family meeting to discuss these issues, adult children can initiate a talk. The experts advise siblings to look for events that provide an opening—the death of a friend, their own estate-planning decisions, a news story about the financial battles of the famous or even this article.

Similarly, a conversation about medical issues can be a bridge to other topics. "Most of the elderly find it a relief to tell their children their views on subjects ranging from life-sustaining equipment to nursing-home care," says Mirca Liberti, co-executive director of Children of Aging Parents, a caregivers' support and referral group headquartered near Philadelphia. "This is often an easy way to introduce talk of funeral arrangements and wills."

Tact, of course, is essential. "Children must stress their desire for family harmony," says Hirsch Silverman. "In effect they should say, 'We hope you live to be one hundred in good health, and we hope you use up every dollar and enjoy them all. But should there be something left over, could you tell us your wishes now? We want to make sure there are no misunderstandings and that we, as brothers and sisters, will remain close to each other.' "

know-how

Some people prefer that an outsider be present during such a discussion. A trusted family friend, counselor, lawyer or clergyman can often ease what could otherwise become a highly emotional situation.

A delicate issue

Although such conversations are intended to be general, adult children should ask their parents one specific question: Who is going to be the executor of the will?

The executor is responsible for administering the estate and overseeing the distribution of personal effects. If one of the children has been named executor, the possibilities for friction between siblings are multiplied. "There's an inherent conflict of interest between being both heir and executor," says Edward Myers.

One couple in Denver, for instance, left their home to their sons in equal shares. After their death, the younger son, John, wanted to rent out the house, believing it would increase in value over the next few years. But his older brother, Bob, the executor, insisted on selling the home because he needed money. As executor, Bob prevailed; but home prices later rose dramatically, and John has never forgiven him.

"The death of parents brings up long-standing resentments of the you-always-got-more-cookies-than-I-did variety."

The question of paying an executor is yet another stumbling block. Most states provide that an executor receive payment for his work in an amount proportional to the size of the estate. Says Donna Barwick, an Atlanta attorney who serves on the American Bar Association Section on Real Property, Probate and Trust, "If the executor is an adult child, his siblings often feel he should waive this fee. The executor, on the other hand, thinks he deserves compensation for his work. It's a situation ripe for resentment."

Advises Silverman, "If there is any indication there will be bickering, the children should ask that an objective person be appointed executor. It's likely to prevent a catastrophe in family relationships."

The memento minefield

More battles have been waged over the clock on the mantel than over the family farm, partly because wills, trust documents and state laws tend to be more explicit about real property than personal effects.

If there hasn't been a family discussion about who gets what, parents occasionally leave a letter of intent that assigns specific items to particular children. While not legally binding, such a list provides direction—but it is a rare list that mentions every object. Generally the children are left to divide the majority of mementos and valuables, and some devise highly creative methods of doing so. Often they draw straws to see who will choose first and then continue taking turns, but there can still be trouble if one child ends up with items that are worth (continued)



Bake 'em a Springtime Swirl!

Your family will love the delicious Swirl Loaf from Fleischmann's® Yeast, C & H Sugar & Spice Islands® Spices.

Date Swirl Loaf (Makes 1 loaf)

Dough:

- 3 to 3 1/2 cups all-purpose flour
- 1/3 cup C & H Granulated Sugar
- 1 package FLEISCHMANN'S® Active Dry or RapidRise Yeast
- 1/2 tsp. salt
- 1/2 cup each: water and milk
- 1/3 cup plus 1 tablespoon butter or margarine
- BAKER'S JOY® No Stick Baking Spray

Date Filling:

- 1 cup DROMEDARY® Chopped Dates or DROMEDARY Pitted Dates, snipped
- 1/4 cup C & H Golden Brown Sugar
- 2 tsp. SPICE ISLANDS® Ground Cinnamon

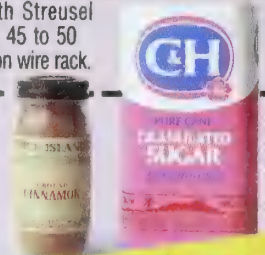
Streusel Topping:

- 2 Tbsp. C & H Granulated Sugar
- 2 Tbsp. all-purpose flour
- 1 Tbsp. butter or margarine, softened

Make dough: In large bowl, combine 1 cup flour, granulated sugar, undissolved yeast and salt. Heat water, milk and 1/3 cup butter until very warm (120° to 130°F). Butter does not need to melt. Gradually add to dry ingredients; beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 1/2 cup flour; beat 2 minutes at high speed, scraping bowl occasionally. With spoon, stir in enough additional flour to make soft dough. Knead on lightly floured surface until smooth and elastic, about 4 minutes. Place in bowl coated with BAKER'S JOY. Spray top of dough with BAKER'S JOY. Cover; let rise in warm, draft-free place until doubled in size, about 1 hour (For FLEISCHMANN'S RapidRise Yeast, cover kneaded dough and let rest on work surface 10 minutes).

Make Date Filling: Combine dates, brown sugar and cinnamon; set aside. **Make Streusel Topping:** Combine granulated sugar, flour and butter until crumbly; set aside.

Punch dough down. Roll to 20 x 10-inch rectangle. Melt remaining butter; brush on dough. Sprinkle with Date Filling. Starting from long side, roll up tightly as for jelly roll. Pinch seam and ends to seal. With seam side down, zigzag roll back and forth to fit into 8 1/2 x 4 1/2 x 2 1/2-inch loaf pan coated with BAKER'S JOY. Cover; let rise in warm, draft-free place until almost doubled in size, about 1 hour. Sprinkle with Streusel Topping. Bake at 350°F for 45 to 50 minutes or until done. Cool on wire rack.





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THE LAST TABOO

continued

substantially more than those cho by another. An elderly couple in Fl da avoided that by first having their possessions appraised and all ing the children to pick, in order, w they wanted. The parents then structed the executor to even out e child's portion with cash from the r of the estate.

Three sisters from Nebraska that the financial value of heirloo was only part of the picture. A their parents died, they used a scal one to five to give each object an e tional and a financial rating. "I made Mother's wedding ring, so it a sentimental five and a monet zero," explained Nancy, the middle ter. "On the other hand, an anti chair they recently purchased wo sell for quite a bit but had no me ries for us. We rated it exactly opposite." After determining the c posite value of each item, the wor made their choices accordingly.

There will be times, however, w siblings are unable to agree with outside help. While some may n their day in court, many find that diation is a better road to reconc tion. "Most of the time, argume over estates have nothing to do v the law—the problems are emoti and social," says John Haynes, Ph director of Haynes Mediation In tute, in Huntington, New York. tells the story of two sons whose ri first seemed permanent. Their fa had left two thirds of his propert the older son, who was married had three children. The younger so bachelor, was extremely pained; resulting intransigence about the sion of the personal effects was poi ing family relationships. After mo of bickering, the men consulted Hay

"I helped the younger brother un stand that his father had merely l trying to leave something to his gr children as well as to his sons," Haynes. "The elder son recognized hurt this had caused, and he let brother take the heirlooms that been the focus of the dispute."

. Avoiding the arguments that s ten accompany the settling of an es is not difficult, but it does take p ning and a commitment to openi "An inheritance is a gift," says Si man. "Tragically, children often the memory of their parents and the friendship and support of each er while fighting over this gif doesn't have to be that way."

Andrea Gross is a contributing e of Ladies' Home Journal.

Jessica

by Connie Walser Derek



wn smaller than
ual size of 19" tall

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BOOMERANG LOVE

continued from page 77

horizon and scanned the island. Then he lifted his drink.

"First of all," he said, "I'm sorry about Conrad. I got the word when I was in South America and thought about coming back then and trying to find you, but something came up. I don't know why I came now. I have a little seaplane charter business down in Costa Rica. I've been there for about three years now, the longest I've been in any place since Vietnam. I was watching satellite TV coverage of the storm and heard them say it was on its way to the Panhandle. I hadn't thought much about Heat Wave in years, and then, all of a sudden, I had this strange feeling that I . . . ah." He paused, not able to finish his train of thought.

Angel finished it for him. "You didn't want the storm to hit without you being here."

"Exactly." Hannah sighed. "How about you?"

"I needed some excitement in my life. Once again, I'd worked you out of my system and had accomplished what I set out to do in my career, but something was missing. Did you ever think you would see me again?"

He put his drink down. "I was flying up over Mexico, and when I crossed the border into Texas, I saw this colossal shooting star tumble out of the dark with a tail that lit up half the sky. I made my wish, and here you are."

Angel touched his face. "I could use some help with the skiff," she said.

When they got back to the house, they loaded the *Angel Baby* onto the trailer and hauled her up the hill to the workshed and tucked her away. Angel and Hannah stared at the boat for a while. Then Angel finally broke the silence.

"Hannah, I know what you're thinking about, 'cause I'm thinking about it, too. Come on, let's go. I've got a last supper to make."

Lincoln had kept the old house in as good shape as Conrad had, and the kitchen came alive. Angel lit the burners, and soon the old, familiar smell of simmering garlic and onions permeated every room. The electricity was still on, and Hannah played a Glenn Miller album on the turntable of the old Magnavox. They did not talk much. Over the many years of this boomerang love, they had learned to communicate without speaking.

Hannah found a chart of the Gulf and was plotting the coordinates of the storm while the man on the portable radio read them out. Angel lifted cuits out of the oven and stirred oysters into steaming hot milk. added some fresh chives and a shakes of Tabasco sauce to cook u simple, delicious oyster stew.

"It looks like landfall for Saba be around midnight, somewhere Snake Bite Key, probably Heat Wa

Angel put the broiled steaks on na plates. With Hannah keepin watchful eye on the storm, she felt as ever in this old house.

The last supper was exquisite, the wine set the mood for the nigh had started to rain, and the wind blowing a gale outside, adding an e chorus to the refrains of "Moonli Serenade" coming from the stereo.

She emptied her glass of Burgu and felt it travel down her throat w out the slightest bite. The wine let words flow up from Angel's he "Hannah Hearndon," she said, "if put the brakes on tonight, you'd for twenty years."

The lights in the house flicke then went out for good. The glow of hurricane lamp in the kitchen m them visible to each other.

"This is no chance meeting," H nah said. "This was meant to happe think about you all the time, b don't know what to do about you."

Constipated?
You may have to take this much fiber laxative for as many as three days to get reli



Monday Tuesday Wednesday

You don't have to do anything. I t want to own you. I never could. must be meant to stay in motion— you in your orbit and me in mine. , if occasionally our paths cross, l make the most of it." Angel found nah's hand in the dim light and d up. "Let's check out this storm," whispered softly in his ear. Han- stopped at Conrad's desk, and An- let go of his hand. She opened the to the sound of the hurricane and ped outside.

he wind gauge above the old desk l forty knots. The barometer had ped half an inch since Hannah checked it. He turned the face of barometer to the wall. "No need for anymore," he thought. He went ide to find Angel.

full moon was shining intermit- ly through rapidly moving low ds, and it looked like the sweep of ghthouse beacon. Angel never saw nah; she only felt him come up nd her and press himself next to biting her gently on the earlobe.

uddenly a gust of wind blew and w them down. They didn't get up a long time. They made love over over, as lightning flashed and the rose over the wharf. They felt a of the tumultuous night. Angel ed the worlds of land and sea colliding, with them in the middle. Hannah held her tight and closed his eyes and saw himself as a boomerang, soaring out over the songlines of the universe for what seemed like an eternity. Lying next to Angel, he felt himself making the big turn back to where he came from.

The spirits of the victims of the great storm of 1953, led by Angel Beech's mother, must have been working their magic to full intensity that night, because around midnight, Hurricane Saba made an unexpected turn to the east, sparing Heat Wave from the full force of the storm. Instead, the big storm went ashore just east of Destin, scouring the coastline clean before she moved back out into the Altantic.

Politicians flew around in helicopters and declared the coast a disaster area, but a lot of old-timers were happy the storm had come. Gone were the high rises and miniature golf courses and video arcades. The shoreline was once again the way it had been.

Hannah Hearndon opened his eyes to a sparkling dawn. A small line of rain squalls hovered over the harbor, and a double rainbow arced down out of the clouds to the shore. He woke Angel to show her the incredible scene. They were not dead; they had lived through another storm, and the memories of their night were somewhere between fact and fantasy. The water had receded to its original shore, and the sky was filled with seabirds. Heat Wave had survived.

They went inside and dressed. Angel gave some of her father's old clothes to Hannah. She made them café au lait, and they sat again at the kitchen counter amid the supper dishes. "The deal was you cook and I clean up, but I got a little sidetracked last night."

He began to wash the dishes and Angel sat watching him, sipping her coffee. "I just want you to know what happened last night doesn't change how I feel about you," Angel said. "I won't be the same for days, mind you, but it doesn't mean I have to live with you." She got up and put her arms around him.

He leaned down and kissed her softly, holding his dishpan hands up in the air. "I'm tired of moving," he said, "and this place looks like it could use a little work. I want to . . . "

The Glenn Miller orchestra unhastily started up on the record player and interrupted him, for the power had suddenly come back on. Angel burst out laughing. "So much for that idea! I guess somebody up *(continued)*



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BOOMERANG LOVE
continued

there is trying to tell you somethi
honey." The embarrassed, puzzled l
on Hannah's face was not one An
had seen before, but she let it go wi
out comment. After Hannah finisl
up the dishes, he and Angel went o
side to survey the damage. The pl
had come through in good shape.

The *Angel Baby*, lowered back i
the water, started up on the first
They passed the Homeport Bar
saw the survivors of the party com
out and heading for home. The G
was like a mirror, and the full m
was still shining at midday.

Angel and Hannah were going
stay in Heat Wave for a while. T
Angel thought she might go back
L.A. to finish the movie she was wo
ing on, but she wasn't sure. The sto
had brought her life into a little bet
focus. She didn't feel desperate to
a man anymore, and the fantasy
Hollywood couldn't hold a candle
the real-life world where she was bo

She thought of her father. "Wome
he'd say, "are the guardians of co
nuity. If the hearth moves, they mo
Remember, it is the gypsy women
keep their men on the road."

Hannah helped her pull the b
onto the shore near the old monume
It, too, had survived another sto
They walked out to the point, and
gel tossed a rose into the tranquil
ters of the Gulf. "Thanks, Mom
Dad," she called out.

Hannah took her hand, and t
walked slowly back to the boat. "
Neville Brothers are playing in N
Orleans tonight, and I got a coupl
tickets," he said.

"The man just can't stand still!"
yelled at the sky. Angel reached i
the bow of the boat, picked up
small anchor and handed it to H
nah. "It's not that heavy," she said

He began to pull slowly on the
and let it fall into the surf. "Seem
be a lot of slack, too," he replied.

"Well, if the line's too tight, it co
snap at any time, and I would los
good ship."

Hannah pushed the *Angel Baby*
the beach. He handed her the anch
"No, it doesn't seem heavy at all,"
said, smiling.

Angel lifted the sail quickly,
they caught an offshore breeze and
appeared past the point—where
red rose slowly turned around
around in the changing tide.

*Jimmy Buffett has recorded twenty-
albums and written a children's b
with his daughter, Savannah Jane.
lives in Key West, Florida.*

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Not ovulating | About to ovulate

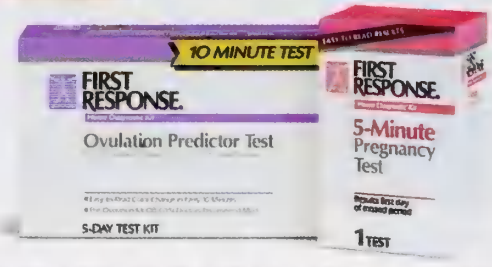
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FERGIE GETS REAL

Ladies' Home Journal
April 1990



As she prepares to give birth for the second time, the most rambunctious royal of all seems—finally—to have calmed down

BY SUSIE PEARSON





No one who knows her would ever call the Duchess of York a homebody. Quiet evenings by the fireside aren't her style, her friends will tell you; instead, she's far more comfortable schussing down Alpine slopes or rocketing from one trendy restaurant to another.

But Sarah Ferguson's gadabout spirit is beginning to be tamed. Her new baby is expected any day, and the lively young duchess with the unfettered red hair has started settling down. It's difficult to determine how much of this new domesticity is attributable to the fact that Fergie recently turned thirty, and how much is due to the way a second child changes any woman's life.

Whatever her motives, even her fast-set friends concede that the Duchess is definitely spending more time at home. During the last few months of this pregnancy, she could often be found curled up in the Yorks' mansion, Castlewood, whiling away the hours with little Princess Bea, now twenty months old. Other days were devoted to planning for her new manse, Sunninghill Park, which is being built on five acres in Berkshire. For Beatrice and the new baby, Fergie hopes to recreate the idyllic environment that she thrived in as a girl—a happy, noisy atmosphere in which dogs, ponies and children all flourish.

Helping her sort through endless piles of carpet, curtain and wallpaper samples was one of Britain's top interior decorators, Nina Campbell. "The decorating will take until the autumn," Campbell told *Ladies' Home Journal*, "so the Duke and Duchess won't move in until then, when it is completely finished." Campbell regularly meets with Fergie and Prince Andrew, when he is on leave from his naval post, to review plans for the decor. "It is very much a joint decision," she says. "I pull things out, and they tell me what they like."

The decorator's work is characterized by an unpretentious coziness produced with bright primary colors, chintz and cabbage-rose textiles. But like the rest of those who trade with the royal family, Campbell is tight-lipped about revealing exactly what the rooms of Sunninghill Park will look like. "As in any house, the styles will be mixed," she says. "After all, in the eighteenth century people didn't suddenly throw out their sixteenth-century furniture. It's a new house, but the antique pieces will fit in. It has to be informal and comfortable—nothing so precious that children aren't welcome."

A battle royal

Even in her domestic fastness, however, the Duchess hasn't escaped the gibes of the popular press. The architecture of her new nine-bedroom house was roundly ridiculed. Costing anywhere from $3 million to $8 million, the new Sunninghill is no citadel of Palladian perfection. In fact, one writer noted, its modernistic red brick prototype bears a *(continued)*

Terry O'Neill/Sygma





■ FERGIE'S TWO FACES: THE DEVOTED MUM—AND THE DASHING PARTY GIRL



■ THE ROYAL RANCH? CRITICS CACKLED AT THE YORKS' NEW MANSE, SAYING IT LOOKED LIKE J.R. EWING'S HOMESTEAD, NOT A REGAL RETREAT

Photos: left, Glenn Harvey/Stills/Retna; middle and right, RDR Productions. Illustration, Sheila Camera Kotur.

(continued) distressing resemblance to Southfork, J.R. Ewing's *Dallas* home. The headline hucksters were delirious; it was just a matter of editions before Fergie's new house was satirically rechristened "Southyork."

So it always seems to go for Fergie, whose exuberant, life-of-the-party persona has long made her a favorite Fleet Street target. Her unstuffy style plays well in America, especially in real Southfork country; when she visited Texas last year, the Duchess was greeted by Houstonians sporting bright red wigs and cheering her on. The admiration is mutual: "I do love Americans," she told Barbara Walters wistfully.

But if she's *our* kind of duchess, she's not exactly the British ideal of obliging nobility. While Prince Andrew obviously gets a kick out of his wife, other upper crusters—as well as a number of ordinary Britons—recoil from a royal who wears sweatshirts sporting funny messages. Fergie's been criticized for her girth, her extravagance and her remote child-rearing methods.

The news that she was expecting a second baby was overshadowed by contentiousness. On the same day that Buckingham Palace made the official announcement, the Duchess was quoted in a morning newspaper as saying, "There will be more children, but not just yet"—although she was two and a half months pregnant at the time. She even dared to gloat over the deception, boasting to guests at a luncheon later that day that she had wrought revenge on her tormentors at last.

Fleet Street struck back, *(continued on page 219)*



FIT FOR A PRINCE(SS)

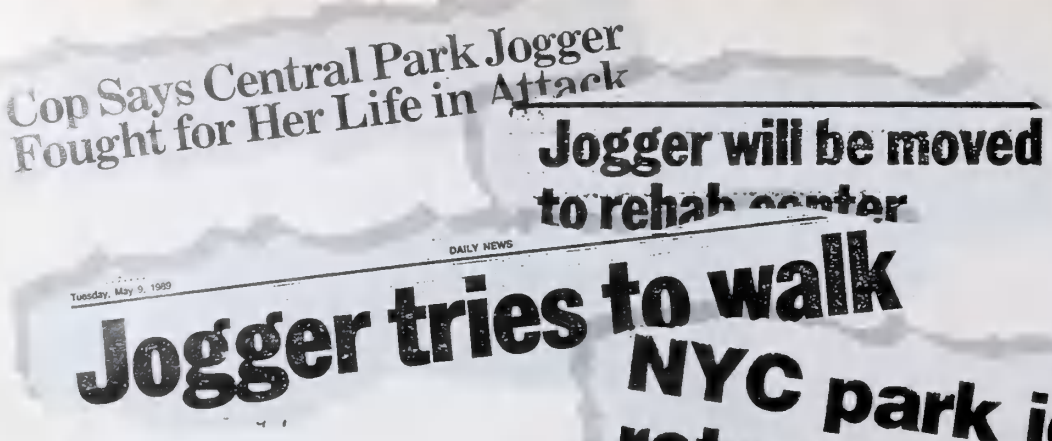
To furnish the nursery for her second child, the Duchess of York went to one of the trendiest shops in London—and dragged her own high chair out of the attic. The overall effect, as illustrated in this artist's rendering, is colorful, cozy and very, very English. (Fergie doesn't know whether she'll have a boy or a girl, so the nursery, which the baby will share with little Princess Beatrice, is suitable for either.) The Beatrix Potter paintings over the fireplace come from the ultrachic Dragons, in Knightsbridge. Potter, who wrote the classic Peter Rabbit books, is newly popular among moneyed British mums, and her characters decorate the miniature white furniture scattered throughout the Yorks' nursery. Dragons also restored Fergie's 1950s-style heavy wooden high chair (center), stripping and repainting it. The most imposing piece in the royal nursery is unquestionably the crib (top left), a $5,000 silk-and-lace confection from Harrods. Like most mothers, however, Fergie didn't get a new crib for her newest baby; instead, she'll use the one that she bought for baby Bea.



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SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.



THE LONG

When she was found raped and brutally beaten in New York's Central Park last year, her doctors feared she would die. But the young woman wh became known across the country simply as "the jogger" showed th victims of traumatic brain injury can recover enough to lead productive liv

BY ELLIE GROSSMAN

Few newspaper readers could believe it last fall when headlines proclaimed that "the jogger" was back at her Wall Street job. Just one year ago this April, the twenty-nine-year-old investment banker had been savagely beaten, raped and left for dead, allegedly by a roving band of teenage boys in New York's Central Park. Doctors warned that even if she managed to survive, her brain might be so badly damaged that she would barely be able to function.

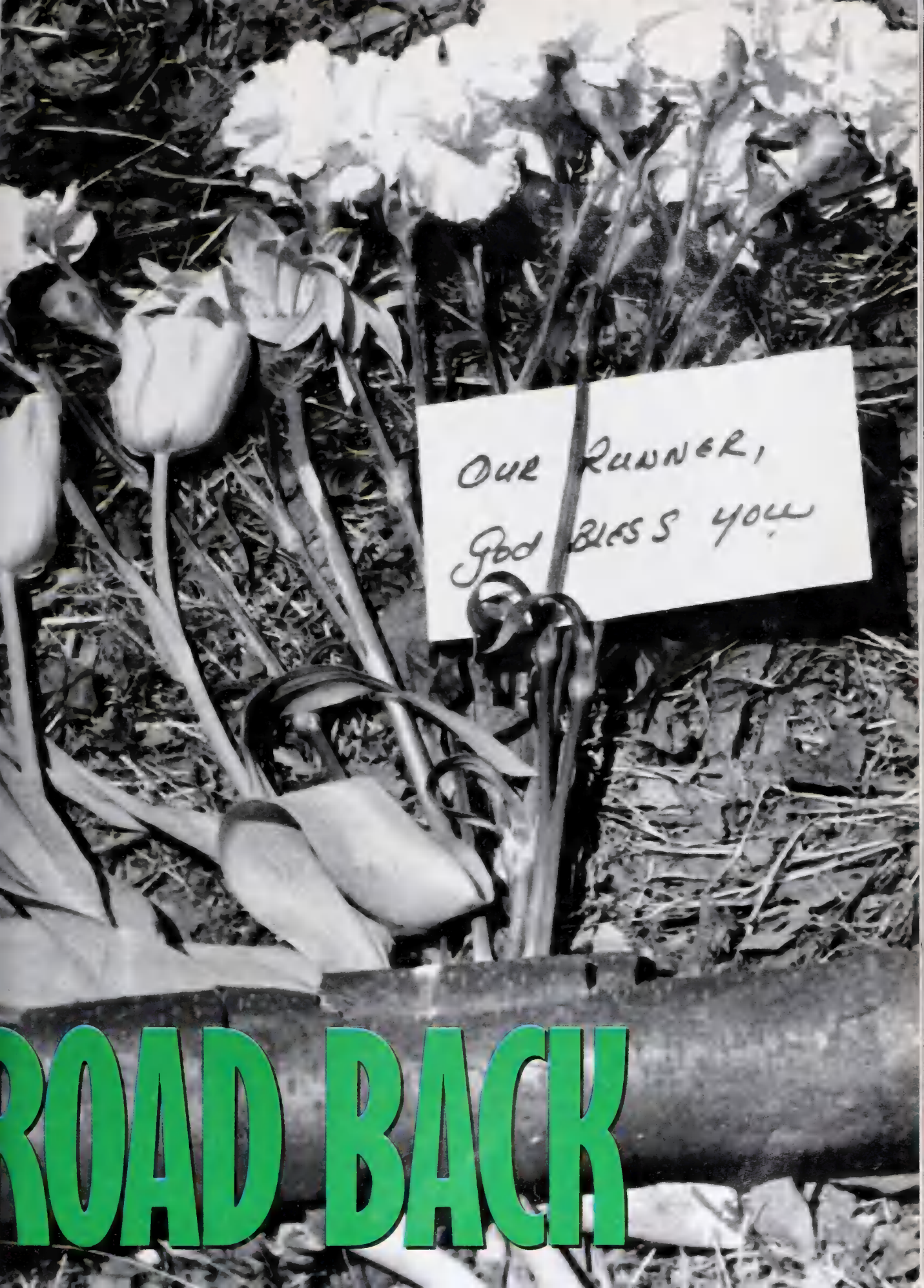
But this brave young woman has triumphed, giving hope to the families of other victims of traumatic brain injury (TBI) that their loved ones, too, might someday recover.

Devastating injuries

Every year, half a million Americans are hospitalized with TBI. According to the National Head Injury Foundation, in Southboro, MA, nearly half the injuries are caused by motor vehicle accidents. Falls, sports injuries, recreational and related mishaps, and violent assault account for the rest. Virtually none of these victims will make a complete recovery; up to ninety thousand will end up with lifelong mental or physical impairments. Many of the rest will only partially recuperate and will have to cope for the duration of their lives with less serious disorders. For all her recuperative powers, for example, the jogger is reportedly still coping with double vision, an uneven gait and short-term-memory damage.

Still, the odds are improving. ten to fifteen years ago, experts s head-injury patients were usually w ten off and left to vegetate in nurs homes and mental institutions. Tod thanks to recent treatment advan more and more TBI victims are be rehabilitated. In 1980 there were f er than a dozen rehabilitation facili in the U.S. for the brain injured. N there are more than six hundred, fering patients everything from tut ing in self-care to vocational and cial counseling.

Even though prospects for rehab tation are *(continued on page 2.*



ROAD BACK

THE STATE OF



A helpless bird, crippled by the Valdez oil spill (below): tragic reminders of how we fail to protect the planet

THE EARTH



Two decades ago, the first Earth Day focused our attention on the environment. But how kindly have we dealt with our planet since then? In this special report, we grade our progress, profile a family that weathered one of the worst ecological disasters, and provide tips on how you can help save the world

On April 22, 1970, millions of Americans came together to protest the destruction of their environment. With dramatic demonstrations from coast to coast, they proclaimed the first observance of Earth Day. In San Francisco, activists dumped oil in the reflecting pool at Standard Oil of California headquarters. In New York City, the internal combustion engine was banned from Fifth Avenue for two hours. At Florida Technological University, students convicted an

(continued)

BY BETSY CARPENTER

(continued) automobile of polluting the air—and attacked it with sledgehammers. And in Washington, so many politicians went out stumping that Congress was forced to shut down for the day.

Many of us will turn out on the same date this year to reaffirm our resolve to protect nature, in another fusillade of teach-ins, rallies and rock concerts. Leaders hope to recapture the momentum of the first Earth Day, for in the intervening two decades the movement has weathered ups and downs. Some of those who marched twenty years ago built the environmental lobby, which fought successfully for such milestones as the Clean Air Act, the Water Pollution Control Act and the establishment of the federal Environmental Protection Agency (EPA).

The issue remained mainstream for much of the seventies, as we searched for alternatives to costly Arab oil. Then came the Expansive Eighties. Ronald Reagan, the Great Deregulator, turned pollution policing over to the unenthusiastic likes of James Watt and Anne Burford. Nor did the cause coexist well with yuppie values; when you covet a Porsche, you don't care how much gas it guzzles.

But in the latter part of the decade, a startling series of events compelled us to confront environmental issues once again. A garbage barge from Islip, New York, a town whose dumps were filled to overflowing, was forced to wander the seas in search of a site for its rotting cargo. Syringes and soiled bandages fouled our beaches. And a catastrophic oil spill in Valdez, Alaska, killed legions of wildlife, shocking us back to attention. (One Valdez family's experience is reported at right.)

Suddenly, we began to hear scientists' warnings about the million square miles of tropical rain forests burned off in the last few years. Closer to home, we acknowledged problems *(continued on page 224)*

Valdez: one family's story

We all watched in horror as the worst oil spill in our nation's history covered hundreds of miles of Alaskan wilderness. One year later, the Ruff family is still coping with upheaval and loss. **By Linden Gross**

Gary and Georgia Ruff and their two children once took the pristine beauty of their Alaska hometown for granted. That changed abruptly March 24, 1989, when an Exxon oil tanker ran aground, showing the Ruffs—and the world—just how vulnerable their environment is.

At four o'clock that morning, Gary, fifty-five, a technician, got a call from a co-worker in the marine department of the Alyeska Pipeline Service Co., the oil consortium that operates the Alaska pipeline. He reported that the Exxon tanker *Valdez* had run into a reef in Prince William Sound, twenty-five miles south of town, and was gushing oil at a rate of twenty thousand barrels (840,000 gallons) per hour. The supervisor told Gary to report to work immediately, and to be prepared to stay.



GEORGIA, LEFT, DRIES AN OTTER AT THE RESCUE CENTER. DESPITE HEROIC EFFORTS, THOUSANDS OF ANIMALS DIED

Georgia, forty, and their children, Mary and Ron, then fourteen and fifteen, were more concerned at first about Gary's safety than about the spill itself. "I was worried that Gary might be sent out on the water; it can be dangerous working on the boats at night, and the fumes from the oil are toxic," explains Georgia. "But they'd handled other oil spills very well, so we weren't too alarmed at first."

However, as the disaster quickly became the top news story, Georgia realized how serious the situation was. The uncontained oil would eventually foul 1,090 miles of shoreline, making it the worst spill in U.S. history.

Gary was assigned to fill rush orders for food and supplies to the men working to contain the oil. "Everybody was so busy, we barely got time to eat," he says. The workers' equipment was so limited and inadequate for the task that they were able to skim off only a fraction of the oil.

Meanwhile, the spill was claiming innocent victims: the animals and birds that inhabited the rich marine habitat. When Georgia heard that hundreds of sea otters were dying from oil-related causes, she took a leave of absence from her own job as a travel agent to volunteer at an animal rescue center.

She learned to wash, dry, feed and nurse the otters, but most of the animals were too ill to respond to even the best of care. The first two otters died after their cleaning, and Georgia, who had washed one of them, was devastated. In all, one thousand otters and some thirty-six thousand birds would die.

Georgia stopped working at the center after the animals' suffering and her inability to help them became too much to bear. "To hear those animals screaming in pain—it's just awful," she says, tears rolling down her cheeks at the memory even now. "I would dream about that sound. I would have had a nervous breakdown if I'd kept on with it."

In fact, all of Valdez was coming close to the breaking point. Within weeks, more than ten thousand workers, government officials and media representatives had moved into the area, creating such problems ***(continued on page 228)***

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BY LAUREN PAYNE,
DECORATING EDITOR,
AND KAREN J. REISLER,
ASSOCIATE EDITOR



DOWN BY THE RIVER THE LIVING IS BREEZY: WE FOUND THREE HOMEOWNERS WHO CHOSE A CONDOMINIUM AS AN INVESTMENT IN A COMFORTABLE NEW LIFESTYLE



Photos, Jeff McNamara.

In their "second home" condo, Anne and Fred Coulter settle into cozy wicker chairs to enjoy their riverfront view



CONDOS TODAY HAVE ALL THE COMFORTS OF home (and more) and none of the headaches that can come with a single-family house. One drawback: Even though a condo's original price may be comparable to the price of a house, in a soft real estate market, a condo's resale value may be less. But if you're looking for a relaxing, homey place to live (units often have architectural details like post-and-beam construction that would cost a lot more in a house), a condo could be the answer. Here, owners at Thermos-on-the-Thames, the renovated 1913 Thermos bottle factory, in Norwich, Connecticut, show why their condos were the best buy for their money.



All interiors designed by Raymond Waites and the Gear Design Team. New Country Gear products include: Imperial Wallcoverings; Richloom fabrics; O'Asian Designs wicker; The Guild Hall furniture. Nautical art and accessories, Mystic Maritime Gallery at Mystic Seaport. Stylist, Debrah Donahue. Floral design, Thames River Greenery; plants, LandArt Associates. Area rugs, ABC Carpet; Benjamin Moore paint; Mannington Ceramic Tile; Wellco Carpet. Details, page 218.

On the WATERFRONT

Bold primary colors accent Benjamin's bedroom, where there's ample storage space to help keep even a four-year-old's room tidy









A room with a view—that's what Anne and Fred Coulter, both thirty-six, and their son, Benjamin, four, above, found in their "second home," a sunny country-style two-bedroom loft (above and previous page). "We were going to call the condo our retreat but decided instead to call it our advance—a place to grow as a family," says Anne. While Anne works as a marketing specialist, preschooler Benjamin spends the day at the child-care center on the Thermos grounds (more on page 170). Anne and Fred built a loft bed for Benjamin, so when he's back home, he's got a fun place to sleep and lots of space to play.

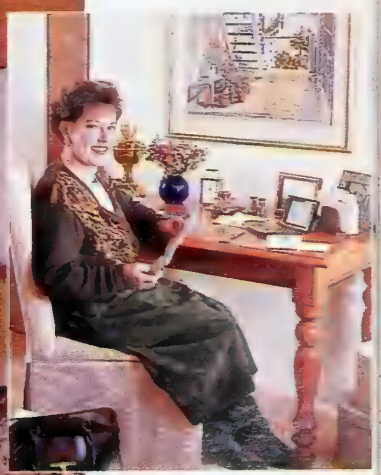


An always-on-the-go couple, Cassie Fisher and Fred Polhemus enjoy the freedom from household chores that condo living affords. Left, it's time out for takeout



Cassie Fisher, twenty-seven, and Fred Polhemus, twenty-four, above, bought their two-bedroom loft as a stepping-stone home (coming after a rented apartment and before a house). Cassie, a commercial banker, and Fred, who works in advertising, log long hours and don't have time for fix-up chores, so they think the maintenance fees are a small price to pay to keep their free time just that. "With a condo all the costs are known. It's not like buying an older place, where things might start breaking and cost more to repair," says Cassie. For thirty-seven-year-old Caroline Delaney (below right), a marketing consultant, buying a condo was her way of putting down roots. "Buying a home as a single person does tie you down, but that's okay for me now," she says. Good design was Caroline's number-one criterion when looking at condos. Number two? Location. "My home faces the water, which makes it a better investment," she says.





After a busy day at the office, Caroline Delaney winds down in romantic, comfortable surroundings

New Country Gear products include: Springs Industries sheets; Hickory-Kaylan desk; Framed Picture Enterprises art. Closet Maid® Storage system. Gear Loves Kids products include Ainsley Lamps; clothing and accessories. Details, page 218.







Getting personal: three lifestyles, three looks. Condo living used to connote cookie-cutter, wall-to-wall-white decor, but these owners at Thermos show how they adapted the condo design to suit their individual tastes and lifestyles. Cassie and Fred set up a sleek at-home fitness center in their spare room in the loft. After living in apartments "with character," Caroline Delaney wanted "more than just a four-wall box"; she found that her condo's homey post-and-beam construction also provides the perfect backdrop for her favorite cobalt Depressionware and antique plate collections. For the Coulters, who dock their forty-foot sailboat at a nearby marina, love of the water comes inside, too, as Anne and Fred display favorite nautical photos and models.

Hutch by New Country Gear for The Guild Hall; below, New Country Gear wallpaper and Gear Loves Kids border for Imperial Wallcoverings. Details, page 218.

"WITH ALL THE AMENITIES" TAKES ON NEW MEANING IN A CONDO. BELOW, A LOOK AT SOME OF THE ADDED EXTRAS THAT CATER TO TODAY'S CHANGING LIFESTYLES

Community and convenience are the primary attractions of today's condominium developments, and the day-care center that Benjamin Coulter attends at Thermos provides both. "At day care, Benjamin gets to know his neighbors, and many of these same children are around for play after school, too," says Anne. "And I don't have to stick to a car-pool schedule to get him to preschool." But working parents of young children aren't the only ones that condo developments appeal to—the over-fifty set find that condo living suits their needs after their children move out. Most of these empty-nest residents have already owned a home but no longer need all the extra rooms. They're looking forward to more time to relax and fewer household chores to worry about. The units can also accommodate residents who work at home, providing built-in office space or studio rooms for artists and photographers, as well as a fitness center, tennis courts and a swimming pool for those (unlike Cassie and Fred) who don't have an extra room for their own exercise equipment. "There is so much for a family to do together within the condo complex that I wouldn't care if rain kept us inside for a week!" says Anne.







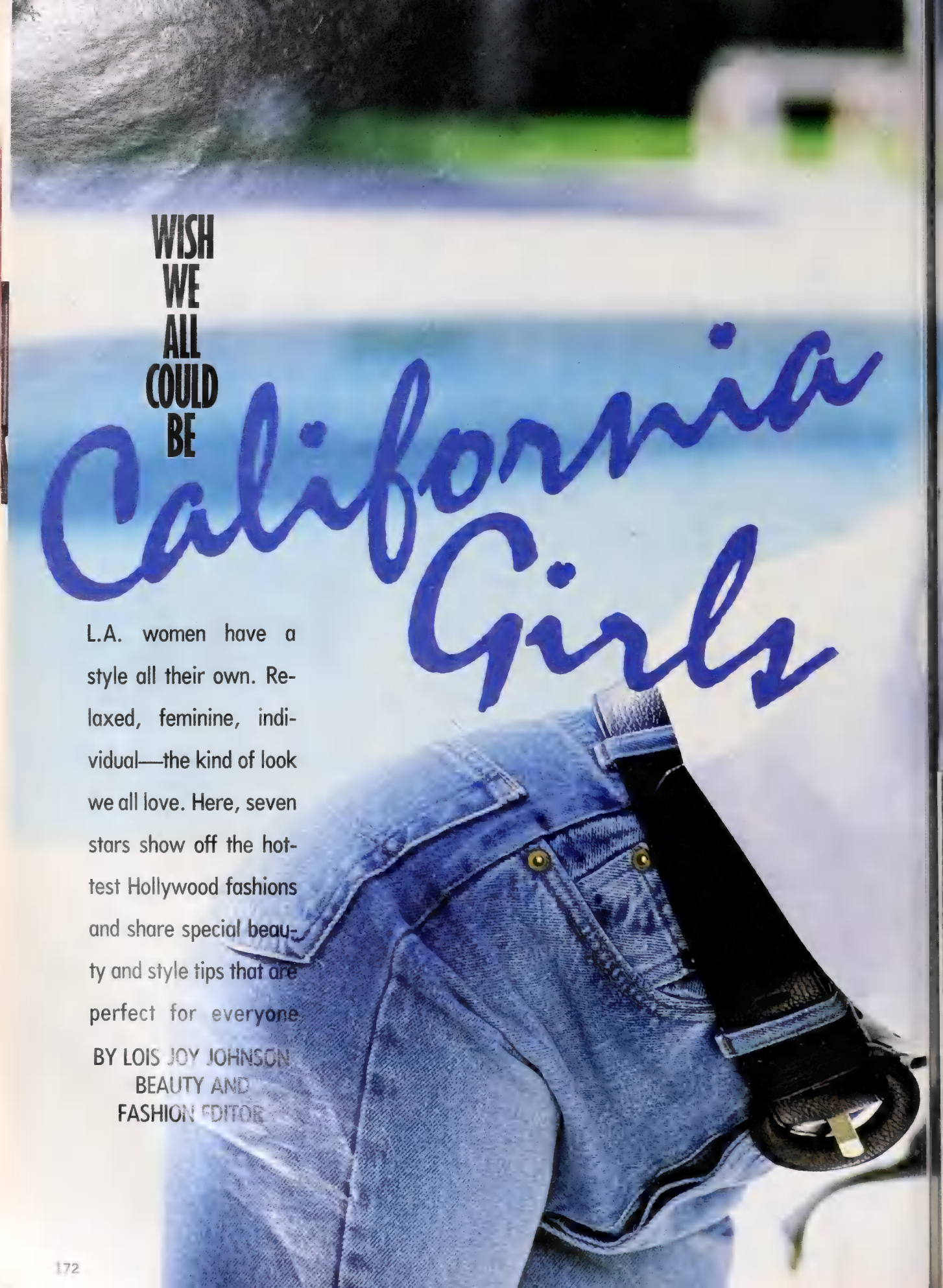


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WISH WE ALL COULD BE California Girls

L.A. women have a style all their own. Relaxed, feminine, individual—the kind of look we all love. Here, seven stars show off the hottest Hollywood fashions and share special beauty and style tips that are perfect for everyone.

BY LOIS JOY JOHNSON
BEAUTY AND
FASHION EDITOR



Lucy Ewing would feel right at home in jeans and a white shoulder-baring shirt at Southfork—and that's just what CHARLENE TILTON wears off-camera. "I live in jeans and white shirts," says Charlene, "but my closet looks like it belongs to five people. I have everything from leather to Laura Ashley!" Blouse, Anne Klein II; swimsuit, Gottex; jeans, Levi Strauss and Co.; belt, Echo; hat, Benetton; hoops, Laura Vogel. Makeup all pages, Deborah Howell of Cloutier, L.A. Charlene's hair, Jonathan Balayan. On Charlene: Touch & Glow Face Powder in Translucent No. 1, Powder Pencil for Lids & Brows in Sandbar, Super Lustrous Smudgeproof Mascara in Nightlife Navy, Moon Drops Lipstick in Sunspice, all by Revlon. Photographed at Westwood Marquis Hotel and Gardens, Los Angeles. All photos, Nesti Mendoza.





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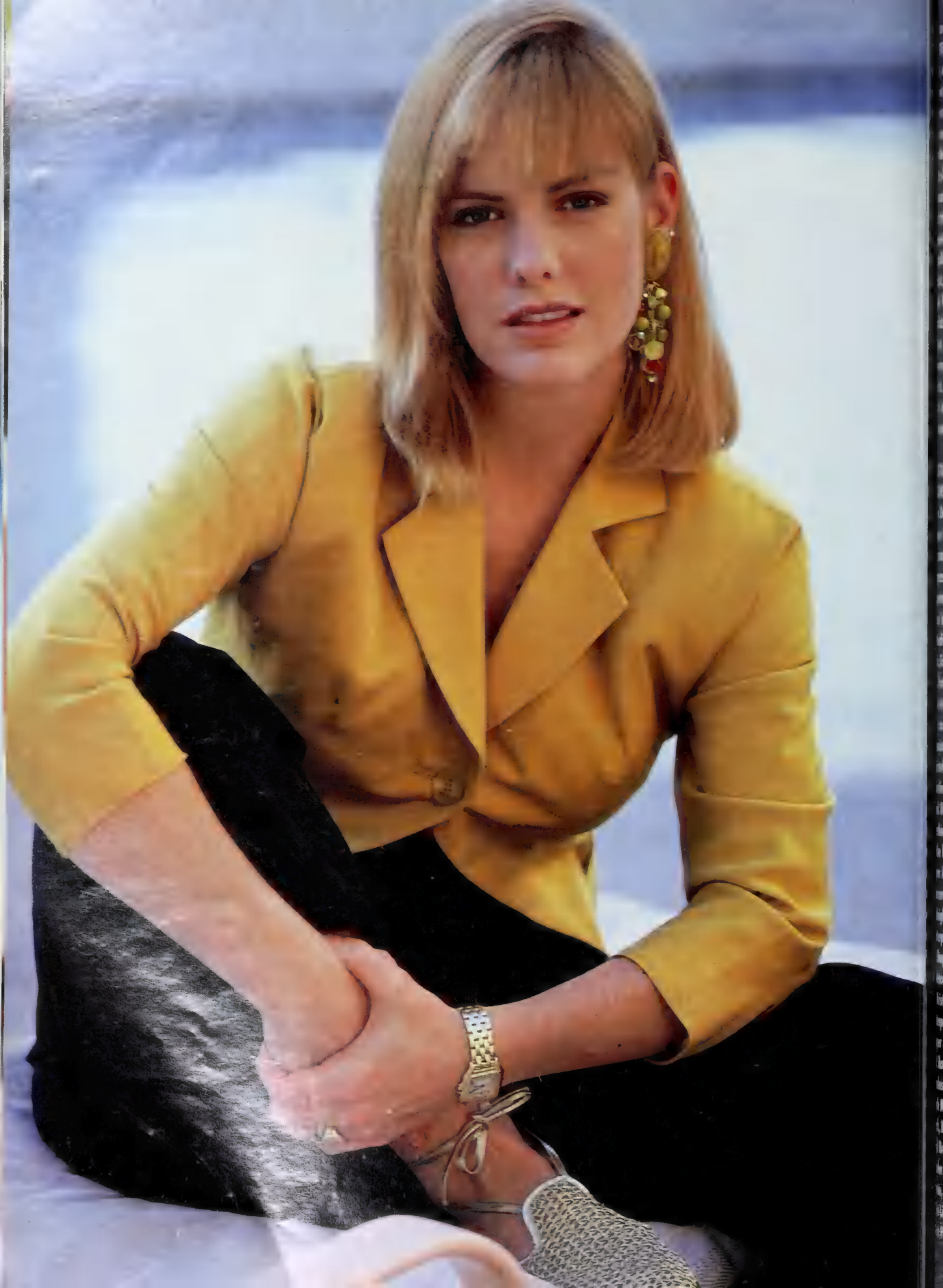
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L.A. BEAUTY

Why do we all want to be California girls? Because their lifestyle is based on health, natural good looks and a breezy, carefree spirit. Here, the five best beauty trends that have us California dreamin'. ■ Say good-bye to eighties-style Hollywood glitz and gloss—looking natural is all the rage now. Matte earth tones are must-have makeup shades because they work beautifully for everyone. ■ It's better to be pale with a perfect complexion than tan and wrinkled before your time. Since it never rains in Southern California, those in the know don't bake on the beach anymore—they wear a high-SPF sunscreen at all times (they even carry a tube in their handbags). ■ Show-off nails are another Malibu essential. Athough a French manicure is the hands-down favorite, color is making a comeback in shades from clear red to rose to shocking pink. ■ The hair to have? Any length you choose, as long as hair is healthy and simply styled (no teasing, moussing, poufing). If you absolutely, positively can't wait for your short cut to grow out and are willing to pay the price, try a rock star's secret for instant length—extensions (longer hair woven into your natural hair at a salon). No one's dyeing for a different shade these days—brunets and redheads are sticking with their natural hair color. True blonds stay blond, too (with a little help from highlights). ■ Everyone in body-conscious California exercises (or at least says she does!), and those who can afford it hire personal trainers for individualized workouts. Newest New Age reason to exercise? You calm your spirit while you trim your hips.

L.A. STYLE

Once upon a time, style came from Paris, but today the best trends are born in L.A. What have California girls taught us all about fashion? ■ Comfort is essential. Angelenos prefer pants, walking shorts, jumpsuits and pantsuits to dresses and skirts. Their favorite outfit when going casual? Well-worn jeans and a shirt or tee. ■ Black, white and beige are the current colors of choice. Also hot and getting hotter are desert hues like sand, mustard and terra-cotta (all are perfect year-round shades no matter where you live). ■ To create unique outfits, combine dressy and casual clothes, mix bargains with luxuries. If you want to be a trendsetter like those on Melrose Avenue, here are their best ideas to copy: wearing cropped cowboy boots and Indian jewelry with a tailored pantsuit; pairing dressy jewelry with shorts or jeans; sporting bright sequins and lamé during the day. ■ The best accessories are earrings, sunglasses and shoes. Big hoops and drop earrings are the most-wanted in L.A. Though mega-glitz is out, Californians still go for a touch of glamour: Sunglasses are worn morning and night, and dark lenses with black or tortoiseshell frames are especially popular. Shoe wardrobes consist of cowboy boots, sneaks and strappy leather flats in gold and bronze (shades sure to be a hit this summer all over the country!).





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FOOD JOURNAL

DON'T LET APRIL SHOWERS GET YOU DOWN—delightful spring days and beautiful blooming gardens are just around the corner. What else are your rights of spring? A host of delicious new dishes and delectable desserts that we've created just for you . . . Fresh and fabulous seafood abounds this time of year, so cast a line for **FISH STORIES**—we'll show you how to prepare your catch restaurant-perfect . . . If a heartier meal is your idea of heaven, check out the all-time favorite fare that is **AS AMERICAN AS APPLE PIE** . . . Be sure to save room for dessert. We'll let you in on some **BAKE-SHOP SECRETS**—treats from bakeries across the country . . . We know leftovers are tempting to nosh between meals (or at midnight!), but remember it's nearly swimsuit season, so snack on **100 LOW-FAT FOODS** instead . . . Don't forget to check out **THE MOST-COMMON COOKING MISTAKES**—expert tips for avoiding (and fixing) the kinds of kitchen botches everyone makes . . . Great recipes and ideas we know you'll use again and again. Enjoy!

LADIES' HOME JOURNAL TRIPLE-TESTED RECIPES







Photos, clockwise from top: Mark Thomas, David Zalben, Peter Johansky.

100 LOW-FAT FOODS

GOT THE MUNCHIES? YES, YOU CAN HAVE YOUR CAKE (AND PIZZA, TOO!) WITHOUT UPPING YOUR CHOLESTEROL. HERE, SURPRISING IDEAS FOR SNACK ATTACKS


FRESH FRUIT
BAKED POTATO AND SALSA
TORTILLA PIZZA
ARTICHOKE
PRETZELS
TUNA AND VEGGIE SALAD PITA
ORANGE

100 LOW-FAT FOODS

THE HEALTH BUZZWORD THESE DAYS ISN'T "LOW-CAL," IT'S "LOW-FAT." SINCE THE AMERICAN HEART ASSOCIATION RECOMMENDS THAT AN ADULT DIET CONTAIN NO MORE THAN 30 PERCENT OF DAILY CALORIES FROM FAT, OR 3 GRAMS OF FAT PER 100 CALORIES, YOU MUST CHOOSE WISELY. BELOW, 100 CAN'T-BE-BEAT EATS. BY EVETTE M. HACKMAN

0%
(PERCENT OF CALORIES FROM FAT)

1. Fruit sorbet
2. Gummy animals
3. Hard candy
4. Orange Angel Food Cake*
5. Lemon Swizzle (½ lemon with candy stick)
6. Jelly beans
7. Fruit-flavored gelatin
8. Popsicle
9. Soda
10. Fruit pie filling
11. Nonfat yogurt
12. Glass of skim milk
13. Honey, jelly, jam
14. Slim Brown Cow (1 T. molasses stirred into glass of skim milk)
15. Plain meringue cookies (Walker's)
16. Kosher dill pickle
17. Jicama with curry or chili powder and salt
18. Angel shortcake (meringue shell filled with whipped nonfat frozen yogurt, garnished with Kraft fruit topping)
19. Scrambled eggs (Eggbeaters or egg whites with pinch of turmeric)
20. Carnation Instant Breakfast
21. Tossed green salad with oil-free dressing
22. Pear nectar
23. No-salt V-8 juice
24. Canned mandarin oranges
25. Cocoa (nonfat milk; nonfat chocolate syrup, with marshmallows)

1–10%
(PERCENT OF CALORIES FROM FAT)

1. Popcorn or rice cakes
2. White-Bean Dip* with veggies and toasted pita triangles
3. Shrimp with a squeeze of lemon
4. Bananas
5. Grapes
6. Apples
7. Artichokes
8. Oranges
9. Cantaloupe
10. Baked potato with Salsa*
11. Tuna (made with Yogurt Cheese*) and veggie salad pita
12. Bagel
13. Breadstick or pretzels
14. Cauliflower with Salsa-Bean Dip*
15. Stella D'oro anisette toast
16. Pancakes made with Whole Wheat Aunt Jemima Pancake Mix
17. Cereals
18. Dried fruits
19. Microwaved cod, haddock or orange roughy
20. Sundae made with whipped frozen dessert (Yodolo) and cut-up fruit
21. Grapefruit
22. Matzoh
23. Fruit juice
24. Fudge ice pop
25. English muffin with apple butter

11–20%
(PERCENT OF CALORIES FROM FAT)

1. Cherries
2. Strawberries
3. Watermelon
4. Herb Yogurt Cheese*
5. Fruit Newtons
6. Scoop ice milk
7. Crab claws with cocktail sauce
8. Cottage cheese (1% or 2% milkfat)
9. Toasted corn tortillas with Salsa*
10. Tomato soup (made with skim milk)
11. Broccoli spears
12. Mushroom-spinach salad with oil-free dressing
13. Stuffed celery with cottage cheese
14. Armenian crackerbread with cottage cheese and fresh herbs
15. Rye crispbread with dry-smoked oysters or scallops (from VacPack)
16. Ramen noodles
17. Sherbet
18. Lobster roll (made with yogurt/reduced-calorie mayonnaise)
19. Hot oat-bran cereal with brown sugar
20. Air-popped popcorn
21. Raisin toast
22. Clams on the half shell
23. Sunshine Golden Fruit Raisin Cookie
24. Egg noodles
25. Saltines or oyster crackers

21–30%
(PERCENT OF CALORIES FROM FAT)

1. Tortilla Pizza*
2. Teddy Grahams
3. Homemade muffins (made with ¼ cup oil per 2 cups flour, nonfat milk, no nuts)
4. Chicken noodle soup
5. Twinkie
6. Milky Way
7. Sunshine Butter-Flavor Cookie
8. Tapioca
9. Kraft caramels
10. Minestrone soup
11. Gingerbread with applesauce
12. Light-meat, skinless chicken or turkey on one slice whole-grain bread
13. Creamsicle
14. Crepe with fresh fruit, vanilla pudding
15. Kefir (yogurt drink)
16. FFV Sesame Crisps
17. Packaged gingersnaps
18. Skinny Munchies Baked Chips (Skinny Haven, Anaheim, CA)
19. Redenbacher's Light Microwave Popcorn
20. Corn nuts
21. Grilled pork tenderloin with Salsa*
22. Top round steak, parslied egg noodles
23. Grilled swordfish
24. Grilled sirloin veal chop with peppers
25. FFV Oatmeal Cookies

*For recipes, turn to page 190



Live the Wish-Bone LiteStyle.

The Wish-Bone LiteStyle is more than a smart way to eat. It's a smart way to live. And it all begins with eating Lite. Wish-Bone Lite. Wish-Bone® Lite Dressings are light on oil, but not on taste. So their full, fresh flavors won't slow you down—whether you're diving into a pool. Or a salad.

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Will people like the taste of a cracker that's low in fat, low in salt and has no cholesterol?



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Easy · Challenging · Moderate · Microwave

WHITE-BEAN DIP



The smooth texture of pureed cannellini beans satisfies your craving for something creamy without adding much fat to your diet.

Total prep time: 10 minutes

- 1 can (15½ oz.) cannellini beans, drained and rinsed
- 1 tablespoon fresh lemon juice
- 2 tablespoons plain nonfat yogurt
- 1 tablespoon chopped fresh parsley
- ¼ teaspoon red pepper sauce
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 teaspoon minced garlic

Combine beans, lemon juice, yogurt, parsley, red pepper sauce, salt and pepper in food processor and process until smooth. Transfer to small bowl and stir in garlic. Serve with toasted pita triangles or cut-up vegetables. Makes 1¼ cups.

Nutrition info per serving: 20 calories, 1 gm protein, .1 gm fat, 4 gm carbohydrates, 90 mg sodium, 0 mg cholesterol.

YOGURT CHEESE



We think this is the greatest. You can serve it plain or dress it up with chopped veggies, herbs or fruit peel to make your favorite spread.

Prep time: 10 minutes plus standing

Line strainer with double layer of cheesecloth or coffee filter. Pour in 16 ounces plain nonfat yogurt. Place strainer over bowl at least 1 inch above bottom of bowl; refrigerate night. Scoop thickened yogurt int other bowl; discard cheesecloth. yogurt cheese instead of mayon or cream cheese on bread or crac or as a base for dip (recipe foll Makes about ¾ cup.

Nutrition info per tablespoon: 15 calories, protein, .1 gm fat, 2 gm carbohydrates, 2 sodium, 1 mg cholesterol.

Herb Yogurt Cheese: Prepare y cheese using low-fat yogurt. In s bowl, stir ¼ teaspoon minced garl teaspoon thyme, ⅛ teaspoon salt ⅛ teaspoon freshly ground pepper ¾ cup yogurt cheese. Let stan minutes for flavors to blend. S with fresh vegetables such as pe strips, cucumber spears, celery s or cherry tomatoes.

Nutrition info per tablespoon: 20 calories, protein, .6 gm fat, 2 gm carbohydrates, 4 sodium, 2 mg cholesterol.

SOUTHWEST SALSA

pictured on page 185

You'll want to serve this flavorful with everything from potatoes to llas to grilled fish.

Total prep time: 10 minutes

- 1 cup diced plum tomatoes
- 2 tablespoons chopped green chilies

Who's the fastest of

In the time it takes to breeze in the door and stash your attaché case, you can make a potato the center of attention. And invention.

Since potatoes are even more nutritious with their skins on, just slice, broil for ten minutes, then sprinkle liberally with cheddar or bleu. Faster still?

A smattering of pesto and a measly five minutes in the microwave turns a pota into the ultimate fast food. But if you're counting the seconds, simply reach for chips or rush out for some fries. A all, anything worth having is wo having sooner.

Potatoes. America's favorite vegetable.



MACADAMIA NUT TART, BELOW, FROM FRESH STARTS BAKERY, FLOSSMOOR, IL. SCHNECKEN, RIGHT, FROM GAYLE'S BAKERY, CAPITOLA, CA



Tucked away in tiny towns and hidden in big cities across the country are seemingly ordinary bakeries that do extraordinary business.



BELGIAN CHOCOLATE SNACK CAKE, THE CORNER BAKERY, PAWLING, NY

BAKE-SHOP SECRETS



ORANGE-CURRANT SCONES, FROM THE NINTH STREET BAKERY, DURHAM, NC

What makes these shops-around-the-corner so special? All are run by young, inventive bakers who use the freshest ingredients and focus on a small selection of irresistible desserts, like the Rocky Road Cheesecake, far left, from Hank's Cheesecakes, in St. Louis. Coming up, six of the most popular bakeries share their best recipes



SOUR CREAM COFFEE CAKE, FROM FORMAGGIO KITCHEN, CAMBRIDGE, MA

Photo, left: Rita Maas; prop stylist, Susan Byrnes; food stylist, Andrea Swenson. Photos, right, clockwise from top: Judy Reed, Bill Seitz, Rita Maas. Details, page 236.

BAKE-SHOP SECRETS
continued

Easy · Challenging · Moderate · Microwave

MACADAMIA NUT TART
Fresh Starts Bakery, Flossmoor, IL



Jeanie McInerney started baking professionally at home. "My philosophy is making American desserts from scratch with all fresh ingredients."

Prep time: 25 minutes plus chilling
Baking time: 1 hour

Pastry
- ½ cup unsalted butter, softened
- ½ cup granulated sugar
- 2 large egg yolks
- 1 teaspoon vanilla extract
- 1½ cups all-purpose flour

- 2½ cups macadamia nuts
- 1 cup firmly packed brown sugar
- ⅓ cup unsalted butter, cut up
- 3 tablespoons heavy or whipping cream
- 3 tablespoons light corn syrup
- 2 tablespoons pure maple syrup
- 2 ounces white chocolate, coarsely chopped

Pastry: Beat butter and sugar in mixer bowl until light and fluffy. Beat in egg yolks one at a time. Stir in vanilla, then flour. Between 2 sheets of wax paper, roll pastry ¼-inch thick into 11-inch circle. Refrigerate 20 minutes.

Preheat oven to 350°F. Remove 1 sheet wax paper, invert pastry into 9-inch tart pan with removable bottom and remove second sheet wax paper. Gently press pastry into pan and patch if necessary. Trim excess pastry.

Line pastry with foil, fill with dried beans; bake 25 minutes, until edge of pastry is golden. Remove foil and beans. Bake 10 to 15 minutes more, until bottom is golden. Cool on wire rack.

Spread nuts evenly in cooled tart shell. Combine brown sugar, butter, cream and syrups in medium saucepan. Heat to boiling and boil 1 minute (do not stir). Pour over nuts.

Bake 10 to 15 minutes, just until filling bubbles at edge. Cool on wire rack at least 2 hours before serving. Remove from pan. Melt white chocolate in double boiler over simmering water. Transfer to plastic food storage bag, snip corner and pipe in lattice pattern over tart. Makes 10 servings.

Nutrition info per serving: 645 calories, 6 gm protein, 45 gm fat, 61 gm carbohydrates, 23 mg sodium, 91 mg cholesterol.

ORANGE-CURRANT SCONES
Ninth Street Bakery, Durham, NC



Maureen and Frank Ferrell's guiding principle, "to bake good food free of preservatives," made their bakery an instant success.

Prep time: 10 minutes
Baking time: 20 to 22 minutes

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon *each* salt and nutmeg
- ½ cup cold butter or margarine, cut up
- 1 cup currants
- Sugar
- ¾ cup buttermilk
- 1 large egg, separated
- ½ teaspoon grated orange peel

Preheat oven to 375°F. Stir flour, baking powder, baking soda, salt and nutmeg together in large bowl. With 2 knives, cut in butter until mixture resembles coarse crumbs. Stir in currants and 2 tablespoons sugar. Whisk buttermilk, egg yolk and orange peel together in bowl. Stir into flour mixture. On lightly floured surface, knead dough gently about 5 times or until it holds together. Shape into 2 equal balls; place on cookie sheet. Pat balls into 6-inch circles and cut each into 6 wedges. Whisk egg white until frothy; brush over scones. Sprinkle with sugar. Bake 20 to 22 minutes, until golden. Transfer to wire rack. Makes 1 dozen.

Nutrition info per serving: 190 calories, 4 gm protein, 8 gm fat, 26 gm carbohydrates, 251 mg sodium, 39 mg cholesterol.

BELGIAN CHOCOLATE SNACK CAKE
The Corner Bakery, Pawling, NY



Shannon McKinney (left) and Brian Doyle call theirs an old-fashioned b ery, where they can "return to the d of quality and service . . . the way b ness used to be."

Prep time: 30 minutes
Baking time: 40 to 50 minutes

- 2⅓ cups sugar
- 1⅔ cups unsweetened cocoa powder
- 2¼ cups water
- ⅔ cup vegetable oil
- 3 large eggs
- 2 tablespoons sour cream
- 2 teaspoons vanilla extract
- 2⅓ cups all-purpose flour
- 3 tablespoons cornstarch
- 2½ teaspoons baking soda
- ½ teaspoon salt

Glaze
- ½ cup heavy or whipping cream
- 8 ounces premium imported semisweet chocolate, preferably Belgian, chopped

Preheat oven to 325°F. Grease 9x1½-inch round cake pans. Sift su and cocoa together in very large b Whisk in water, then oil, eggs, s cream and vanilla. Whisk in dry in dients until smooth. Pour into p and bake 40 to 45 minutes, until in center. Cool in pans on racks minutes. Invert and remove pans; completely. Make glaze: Heat crea boiling in saucepan. Remove f heat, add chocolate and stir u smooth. Pour evenly over cakes. *(be made ahead. Wrap and fr up to 1 month.)* Makes 2 cakes servings each.

Nutrition info per serving: 325 calories, 4 gm tein, 16 gm fat, 46 gm carbohydrates, 171 mg um, 41 mg cholesterol.

SOUR CREAM COFFEE CAKE
Formaggio Kitchen, Cambridge, MA



Owner Norma Wasserman (pictu and pastry chef Alice Southcott be "good food shouldn't be for specic casions, but an everyday experienc

Prep time: 15 minutes
Baking time: 60 to 65 minutes

- 1 cup unsalted butter, softened
- 2 cups sugar
- 3 large eggs, at room temperature
- 3 cups all-purpose flour
- 1¼ teaspoons baking powder
- 1¼ teaspoons baking soda
- 1 teaspoon salt

(conti

Big Rewards

With Easy Cream Cheese Clouds.



EASY CREAM CHEESE CLOUDS *(Makes 10)*

1 8 oz. pkg. cream cheese, softened
½ c. powdered sugar
¼ tsp. vanilla extract
1 c. heavy cream
1 can cherry pie filling
chopped nuts (optional)

Mix cream cheese, sugar and vanilla at medium speed on electric mixer. Gradually add heavy cream; mix well. Whip until thickened. ◊ Using the back of a spoon, shape into ten 3½" shells. Place on waxed paper-lined cookie sheet. ◊ Freeze two hours or overnight.

When ready to serve, fill with cherry pie filling. ◊ Sprinkle chopped nuts on top if desired.

Cream Cheese Recipes
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National Dairy Board 1989





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BAKE-SHOP SECRETS

continued

1 container (16 oz.) sour cream

Filling

1 cup chopped pecans
¼ cup sugar
2 teaspoons cinnamon

Glaze

2 to 4 tablespoons water
1¼ cups confectioners' sugar, sifted

Preheat oven to 350°F. Butter and flour 12-cup Bundt pan.

Beat butter in large mixer bowl until smooth. Beat in sugar until light, 3 minutes. Beat in eggs one at a time, beating well after each addition. Combine flour, baking powder, baking soda and salt in bowl. Add to butter mixture alternately with sour cream, beginning and ending with dry ingredients. Spread half into prepared pan. Combine filling ingredients in small bowl and sprinkle over batter. Spoon remaining batter on top. Bake 60 to 65 minutes, until toothpick inserted in center comes out clean. Cool in pan on rack 15 minutes. Invert and remove pan; cool completely. Drizzle with glaze. Makes 20 servings.

Glaze: Gradually stir water into sugar to make thick glaze.

Nutrition info per serving: 360 calories, 4 gm protein, 19 gm fat, 46 gm carbohydrates, 211 mg sodium, 67 mg cholesterol.

SCHNECKEN
Gayle's Bakery, Capitola, CA



Gayle and Joe Ortiz began with a staff of one; they now employ seventy. "We knew if we paid attention to quality, everything else would fall into line."

Prep time: 1¼ hours plus rising
Baking time: 35 to 45 minutes

2 cups milk
4 envelopes (¼ oz. each) active dry yeast
2 large eggs
½ teaspoon vanilla extract
7 cups sifted all-purpose flour
⅓ cup plus 1 tablespoon granulated sugar
1½ teaspoons salt
2 cups unsalted butter (no substitutions), at room temperature, divided

Caramel Mixture

10 tablespoons unsalted butter, softened
1¼ cups firmly packed brown sugar
½ teaspoon salt
¼ cup honey
4 teaspoons cornstarch
2 cups coarsely chopped pecans

Filling

½ cup granulated sugar
½ cup firmly packed brown sugar
1 tablespoon cinnamon
1 large egg beaten with 2 tablespoons milk

One day before baking, heat mil large saucepan to 110°F. Stir in y and let stand 5 minutes. Whisk in and vanilla just until blended.

Stir flour, sugar and salt in l bowl. With fingertips, rub in 3 ta spoons butter. Stir in milk mixt Transfer to floured cookie sheet. V and refrigerate 1 hour.

On floured surface, pat dough 21x7-inch rectangle, 1 inch thick, á shorter end toward you. Spread maining butter over the two third dough nearest you, leaving ½- border. Fold unbuttered third of do down, then bottom third up over Brush off excess flour. Crimp edg seal. Rotate dough one quarter t Gently roll again into a 21x7-inch angle; fold into thirds again. Plac floured cookie sheet, cover and re erate 1 hour.

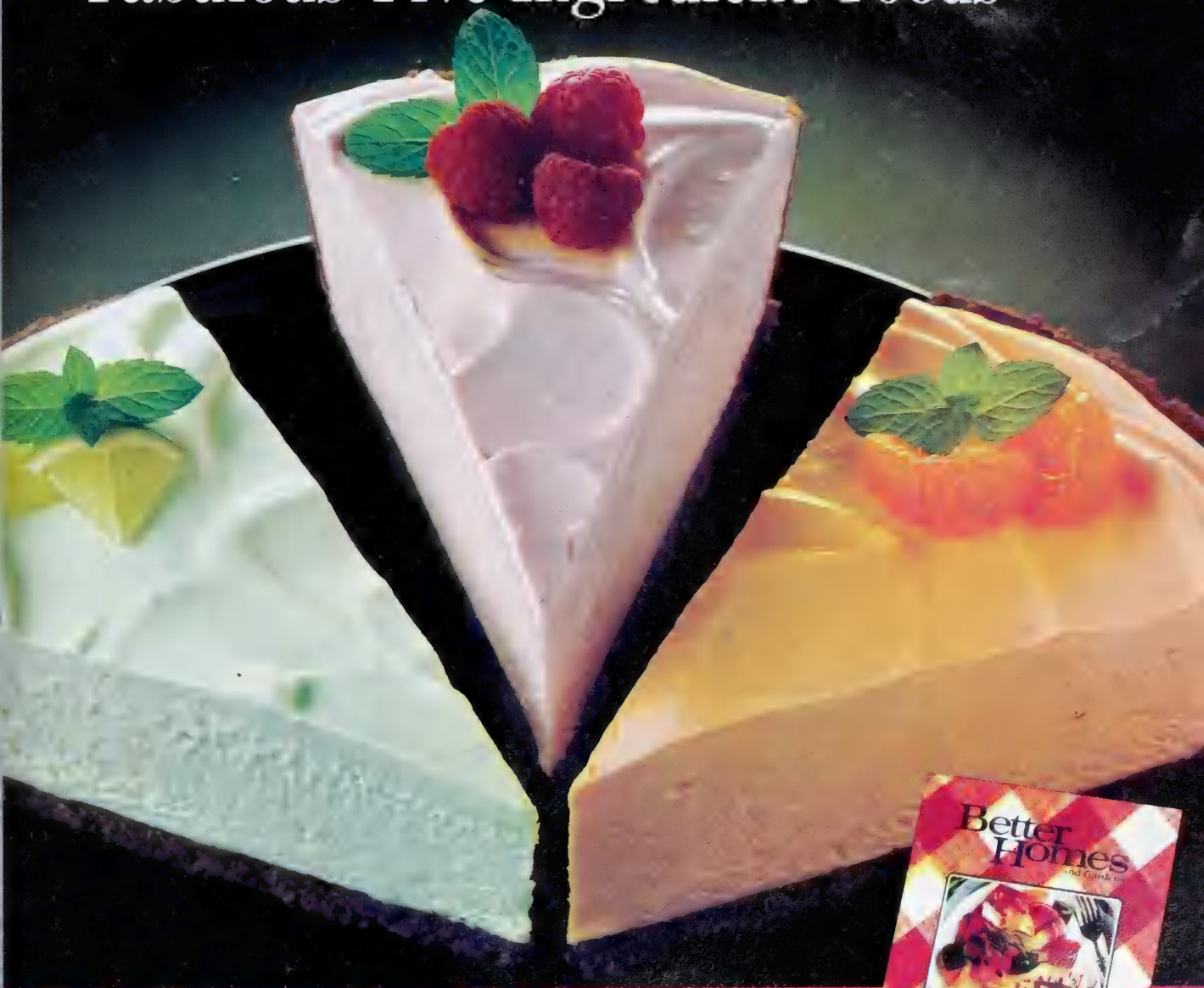
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SPREADERY—good news is spreading fast!

KRAFT

PRESENTS

TAKE FIVE!

Fabulous Five-Ingredient Foods

Take it easy with these fabulous foods, made from five (or fewer) ingredients.

Pictured on the cover: Frosty Freeze Pie
Food styling: Mim Hinske, Mary Helen Steindler, Amy Andrews, Becky Roller
Kraft Kitchens Project Manager: Ann Conway
Photographs: Joseph Polivka, Joseph Glyda, Al Kanoon
Recipe development: The Kraft Kitchens
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BETTER HOMES AND GARDENS TEST KITCHEN

This seal assures you that every recipe in *Take Five!* has been tested in the Better Homes and Gardens® Test Kitchen. This means that each recipe is practical and reliable, and meets high standards of taste appeal.

GARDEN APPETIZER CHEESECAKE

- 1 9-inch PILLSBURY All Ready Pie Crust
- 1 10.5-oz. container SPREADERY Cheese Snack Medium Cheddar Cold Pack Cheese Product
- ¾ cup sour cream
- 2 eggs
- 1 10.5-oz. container SPREADERY Cheese Snack Neufchatel Cheese with Garden Vegetables

Preheat oven to 450°. Prepare crust according to package directions for unfilled one-crust pie using 9-inch flan pan with removable bottom. Trim crust to fit pan. Bake 9 to 11 minutes or until golden brown; cool. Reduce oven to 325°. Mix cheddar cheese snack, ½ cup sour cream and 1 egg; beat until smooth. Pour into cooled crust. Mix neufchatel cheese snack, remaining sour cream and egg; beat until smooth. Spoon gently onto cheddar layer; cover cheddar layer completely. Bake 35 to 40 minutes or until set; cool. Serve at room temperature or slightly chilled.
16 servings/Prep time: 15 minutes plus cooling/ Cooking time: 44 to 51 minutes

CASINO Natural Cheese—the smooth mild taste you've come to love.



ROBUST ITALIAN SALAD

- 6 slices OSCAR MAYER Hard Salami, cut in half
- ½ cup KRAFT "Zesty" Italian Dressing or KRAFT House Italian Dressing
- 1 16-oz. package BIRDS EYE Farm Fresh Broccoli, Cauliflower and Red Peppers, cooked, drained
- 1 cup cherry tomatoes, quartered
- 1 cup (4 ozs.) CASINO Mozzarella Cheese, cut into chunks

Cut salami halves into ¼-inch slices. Pour dressing over combined salami, vegetables and tomatoes; toss lightly. Cover; marinate in refrigerator several hours. Just before serving, add cheese; toss lightly.
6 servings/Prep time: 20 minutes plus marinating
Variation: Substitute KRAFT Reduced Calorie Dressing for KRAFT "Zesty" or House Italian.



KRAFT Reduced Calorie Dressings—great taste and half the calories! Marinate flank steak in KRAFT Italian Dressing (reduced calorie or regular) and broil to desired doneness.



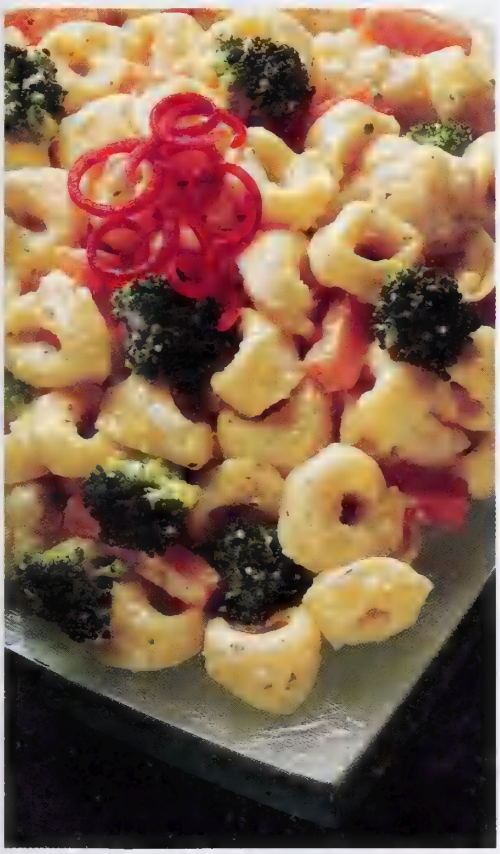
APPETIZERS & SALADS



HAM 'N CHEESE PINWHEELS

- CRACKER BARREL Natural Cheddar Cheese
- OSCAR MAYER Smoked Cooked Ham
- PHILADELPHIA BRAND "Whipped" Cream Cheese with Chives

Cut cheddar cheese into ¼x¼x4-inch sticks. Spread each ham slice with thin layer of cream cheese. Place cheddar cheese at one edge of ham; roll up. Chill. Cut into ½-inch slices just before serving. Serve on cucumber slices or crackers, if desired.
Preparation time: 20 minutes plus chilling



KRAFT Parmesan makes Italian meals GREAT! For a thicker spaghetti sauce, stir ⅓ cup KRAFT Parmesan Cheese into a 15-oz. jar of prepared spaghetti sauce.



CRACKER BARREL from KRAFT—judged to be the best. Thread chunks of CRACKER BARREL Cheddar Cheese and fresh fruit or vegetables on cocktail picks for easy appetizers.

QUICK TORTELLINI SALAD

- 1 7-oz. pkg. dry cheese tortellini
- 2 cups BIRDS EYE Farm Fresh Broccoli, Cauliflower and Carrots
- ½ cup RANCHER'S CHOICE Creamy Dressing, Regular or Reduced Calorie
- ¼ cup (1 oz.) KRAFT 100% Grated Parmesan Cheese
- ½ teaspoon Italian seasoning

Cook pasta according to package directions. Place frozen vegetables in colander; drain pasta over vegetables. Toss pasta and vegetables together with dressing, cheese and seasoning. Cover; refrigerate.
4 to 6 servings/Prep time: 30 minutes plus chilling

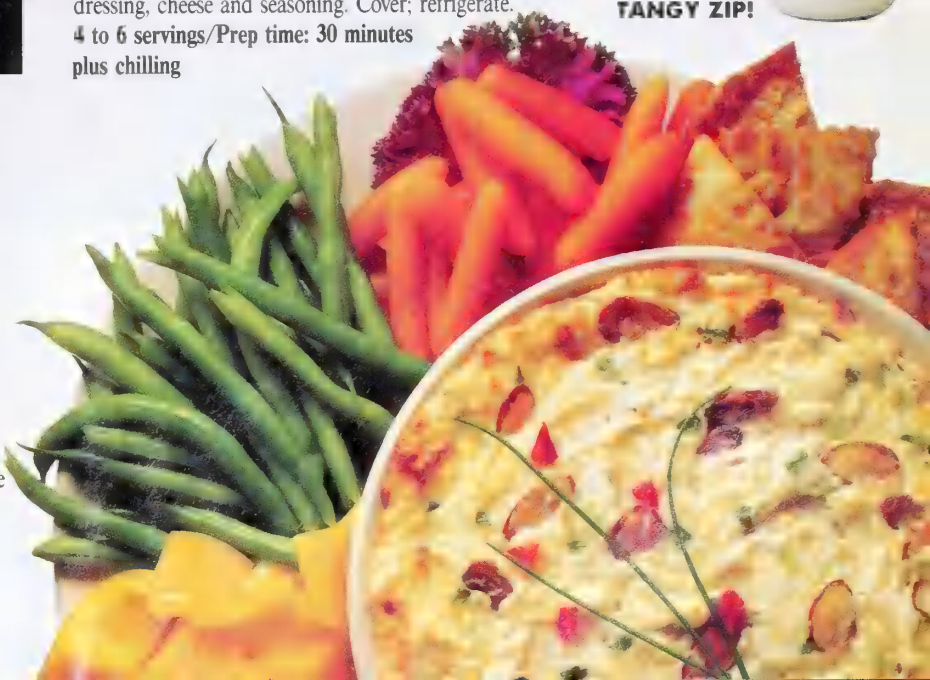


MIRACLE WHIP has that one of a kind TANGY ZIP!

SWISS ALMOND SPREAD

- 1 8-oz. package PHILADELPHIA BRAND "Light" Neufchatel Cheese, softened
- 1½ cups (6 ozs.) 100% Natural KRAFT Shredded Swiss Cheese
- ⅓ cup MIRACLE WHIP "Light" Reduced Calorie Salad Dressing with no cholesterol or MIRACLE WHIP Salad Dressing
- ⅓ cup sliced almonds, toasted
- 2 tablespoons chopped green onion

Preheat oven to 350°. Combine all ingredients; mix well. Spread mixture in 9-inch pie plate or quiche dish. Bake 12 minutes, stirring after 6 minutes. Serve with vegetables and pita chips.
2½ cups/Prep time: 10 minutes/Cooking time: 12 minutes



Advertisement



VELVEETA cooks better. Try it and see.

PEPPY PEPPERS

- 3 red, yellow or green peppers, cut in half lengthwise
- 1 4.5-oz. pkg. Spanish rice, cooked
- ¼ lb. VELVEETA Pasteurized Process Cheese Spread, cubed
- ¼ cup celery slices
- 1 tablespoon chopped cilantro or parsley

Remove seeds from peppers. Mix together remaining ingredients. Fill each pepper with approximately ⅓ cup rice mixture. Place in shallow baking dish; cover with vented plastic wrap. Microwave on HIGH 5 minutes. Rearrange peppers. Microwave on HIGH 3 to 5 minutes or until thoroughly heated.

6 servings/Prep time: 20 minutes/Cooking time: 8 to 10 minutes

Conventional: Preheat oven to 350°. Prepare peppers as directed. Place in shallow baking dish; cover. Bake 30 to 35 minutes or until thoroughly heated.

Variation: Substitute VELVEETA Mexican Pasteurized Process Cheese Spread with Jalapeno Pepper for VELVEETA Pasteurized Process Cheese Spread.



CHEEZ WHIZ—the marvelous microwave-in-a-minute cheese sauce. Just heat in the microwave and pour over hot vegetables or French fries.

BROCCOLI RICE CASSEROLE

- 2 10-oz. packages BIRDS EYE Chopped Broccoli, thawed, drained
- 1½ cups cooked MINUTE Rice
- 1 10¾-oz. can condensed cream of mushroom soup
- 1 2.8-oz. can French fried onions
- 1 8-oz. jar CHEEZ WHIZ Pasteurized Process Cheese Spread

Combine broccoli, rice, soup and ½ cup onions in 2-quart casserole. Cover with vented plastic wrap. Microwave on HIGH 8 to 10 minutes or until hot. Microwave cheese spread according to label directions. Stir cheese spread into broccoli mixture; top with remaining onions. Microwave 2 minutes or until thoroughly heated.

6 to 8 servings/Prep time: 10 minutes/Cooking time: 10 to 12 minutes

Savor the rich mellow taste of KRAFT Deluxe Macaroni and Cheese.





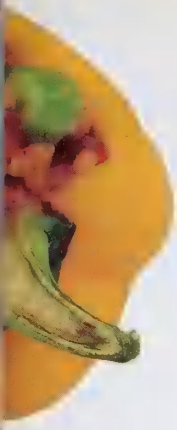


CHEESY PIZZA DINNER

- 1 14-oz. pkg. KRAFT Deluxe Macaroni and Cheese Dinner
- 1 cup pepperoni strips
- ¼ cup black olive slices
- ¼ cup green onion slices
- ½ teaspoon Italian seasoning

Prepare Dinner as directed on package. Stir in remaining ingredients; heat thoroughly.

4 servings/Prep time: 20 minutes/Cooking time: 10 minutes





100% Natural KRAFT Cheese—because you give 100%.

SPINACH CALZONES

- 1 16-oz. box hot roll mix
- 1 9-oz. pkg. BIRDS EYE Creamed Spinach, thawed
- 2 cups (8 ozs.) 100% Natural KRAFT Shredded Low Moisture Part-Skim Mozzarella Cheese
- 1 lb. hot Italian sausage, casing removed, cooked, drained
- ⅓ cup KRAFT 100% Grated Parmesan Cheese

Preheat oven to 425°. Prepare hot roll mix according to package directions except omitting egg and margarine and adding 1¼ cups hot water and 2 tablespoons olive oil to flour and yeast mixture. Knead dough 5 minutes. Divide dough into 8 pieces; let rest 10 minutes.

Mix together remaining ingredients. Roll each dough piece on lightly floured surface into 6-inch circle. Spoon ½ cup cheese mixture onto each piece of dough. Fold dough over filling to form half circle; press edges together with fork to seal. Place calzones on 2 greased cookie sheets. Prick tops with fork. Bake 12 to 15 minutes or until golden brown. Serve warm.

8 servings/Prep time: 30 minutes/Cooking time: 12 to 15 minutes





Advertisement

Enjoy the zesty flavor of KRAFT Barbecue Sauce and KRAFT "Thick 'N Spicy" Barbecue Sauce all year 'round.

BARBECUE MEATLOAF

- 1 lb. ground beef
- ½ cup KRAFT "Thick 'N Spicy" Original Barbecue Sauce or KRAFT Barbecue Sauce
- ½ cup quick oats, uncooked
- ½ cup finely chopped onion
- 1 beaten egg

Mix together all ingredients except ¼ cup barbecue sauce. Shape into loaf in 12x8-inch baking dish. Microwave on HIGH 12 to 14 minutes or until center is no longer pink, turning dish after 6 minutes. Top with remaining barbecue sauce; let stand 5 minutes.

4 servings/Prep time: 10 minutes plus standing time/Cooking time: 12 to 14 minutes

Conventional: Preheat oven to 375°. Prepare meatloaf as directed. Bake 45 minutes. Top with remaining barbecue sauce. Let stand 5 minutes.

Variation: Substitute 1 lb. LOUIS RICH Ground Turkey for ground beef.



THE BIG EASY BREAKFAST

- ¼ lb. smoked sausage, cut into ½-inch slices, quartered
- ⅓ cup oil
- 4 cups frozen Southern-style hash brown potatoes
- ¼ cup chopped green pepper
- 3 VELVEETA Slices Pasteurized Process Cheese Spread, cut in half diagonally

Cook sausage in large skillet over medium heat until lightly browned. Remove from skillet with slotted spoon. Add oil; heat over medium high heat. Add potatoes and peppers. Cover; cook 8 to 10 minutes or to desired crispness. Stir in sausage. Remove from heat; top with process cheese spread.

4 servings/Prep time: 5 minutes/Cooking time: 13 to 15 minutes

For great tasting hot sandwiches—VELVEETA cooks better.





Advertisement

For a fluffy dressing on gelatin salads, mix 2 cups thawed COOL WHIP Whipped Topping, ½ cup sour cream and 1 cup KRAFT Miniature Marshmallows.

FUDGEMALLOW RAISIN CANDY

- 1 12-oz. pkg. BAKER'S Real Semi-Sweet Chocolate Chips
- 1 cup chunk style peanut butter
- 3 cups KRAFT Miniature Marshmallows
- ¾ cup raisins

Microwave chocolate and peanut butter in 2-quart bowl on MEDIUM (50%) 2 to 3 minutes or until melted, stirring after each minute. Fold in marshmallows and raisins. Pour into foil-lined 8-inch square pan; chill until firm. Cut into squares.
Approximately 2 dozen/Prep time: 10 minutes plus chilling/Cooking time: 2 to 3 minutes
Conventional: Melt chocolate chips with peanut butter in saucepan over low heat, stirring until smooth. Continue as directed.



LUSCIOUS ORANGE CAKE

- ¾ cup MIRACLE WHIP Salad Dressing
- 1 2-layer yellow cake mix
- 1 envelope DREAM WHIP Whipped Topping Mix
- ¾ cup orange juice
- 3 eggs

Preheat oven to 350°. Combine all ingredients, mixing at medium speed on electric mixer for 2 minutes. Pour into greased and floured 10-inch fluted tube pan. Bake 35 to 40 minutes or until wooden pick inserted near center comes out clean. Let stand 10 minutes; remove from pan. Cool. Serve with Orange Mallow Cream.
12 servings/Prep time: 10 minutes plus cooling/Cooking time: 35 to 40 minutes





Butter your bread with PHILLY instead.

FROSTY FREEZE PIE

Pictured on the cover—

- 1 8-oz. pkg. PHILADELPHIA BRAND Cream Cheese, softened
- 1 7-ounce jar KRAFT Marshmallow Creme
- 1 cup lime, orange or raspberry sherbet, softened
- 2 cups thawed COOL WHIP Whipped Topping
- 1 9-inch prepared chocolate crumb crust

Combine cream cheese and marshmallow creme, mixing at medium speed on electric mixer until well blended. Add sherbet; mix well. Fold in whipped topping. Pour into crust; freeze until firm.
6 to 8 servings/Prep time: 5 minutes plus freezing



For delicious desserts, use KRAFT Marshmallows and Marshmallow Creme.

ORANGE MALLOW CREAM

- 1 8-oz. container PHILADELPHIA BRAND Soft Cream Cheese
- 1 7-oz. jar KRAFT Marshmallow Creme
- ½ cup sour cream
- 2 tablespoons orange flavor liqueur

Combine cream cheese and marshmallow creme, mixing on medium speed of electric mixer until well blended. Blend in sour cream and liqueur; chill. Serve with Luscious Orange Cake or fresh fruit.
2 cups/Prep time: 5 minutes/Chill time: 1 hour

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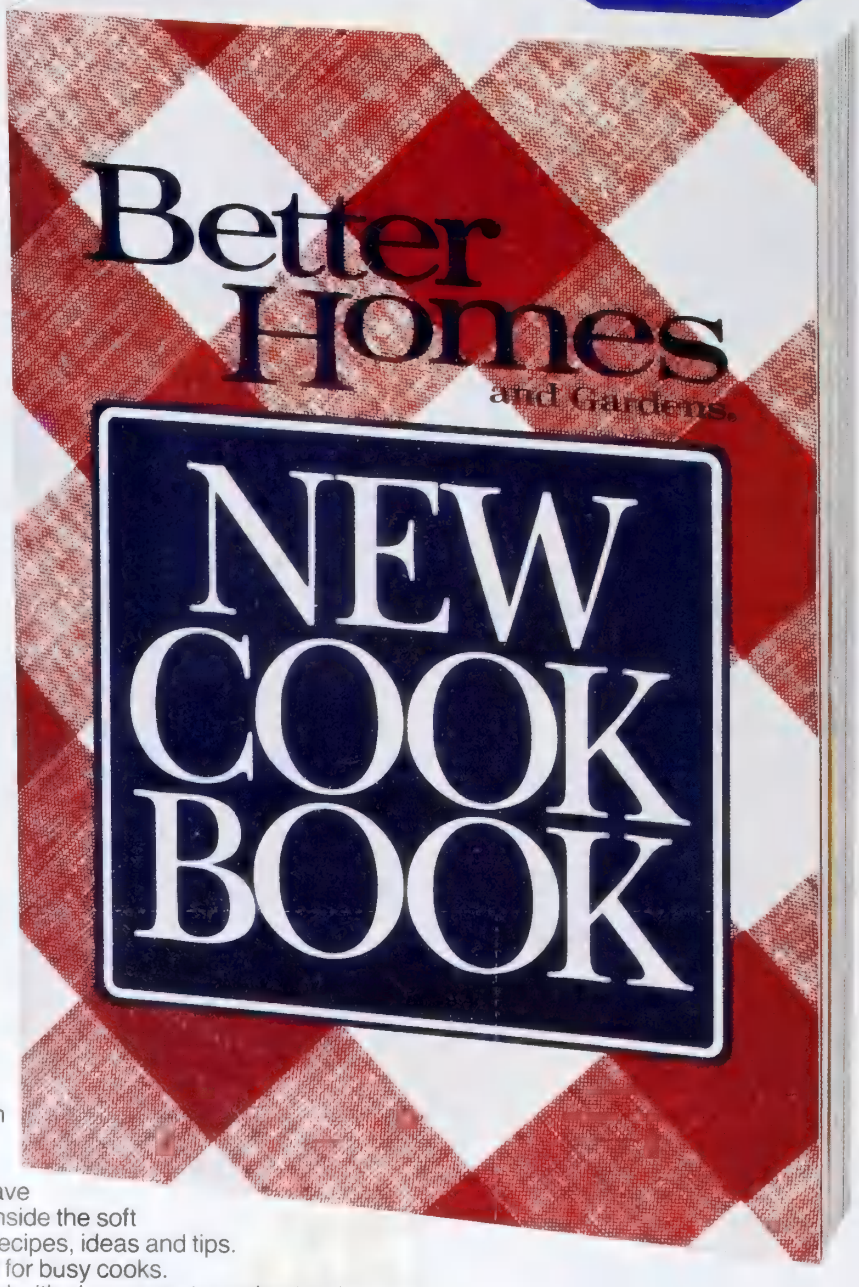
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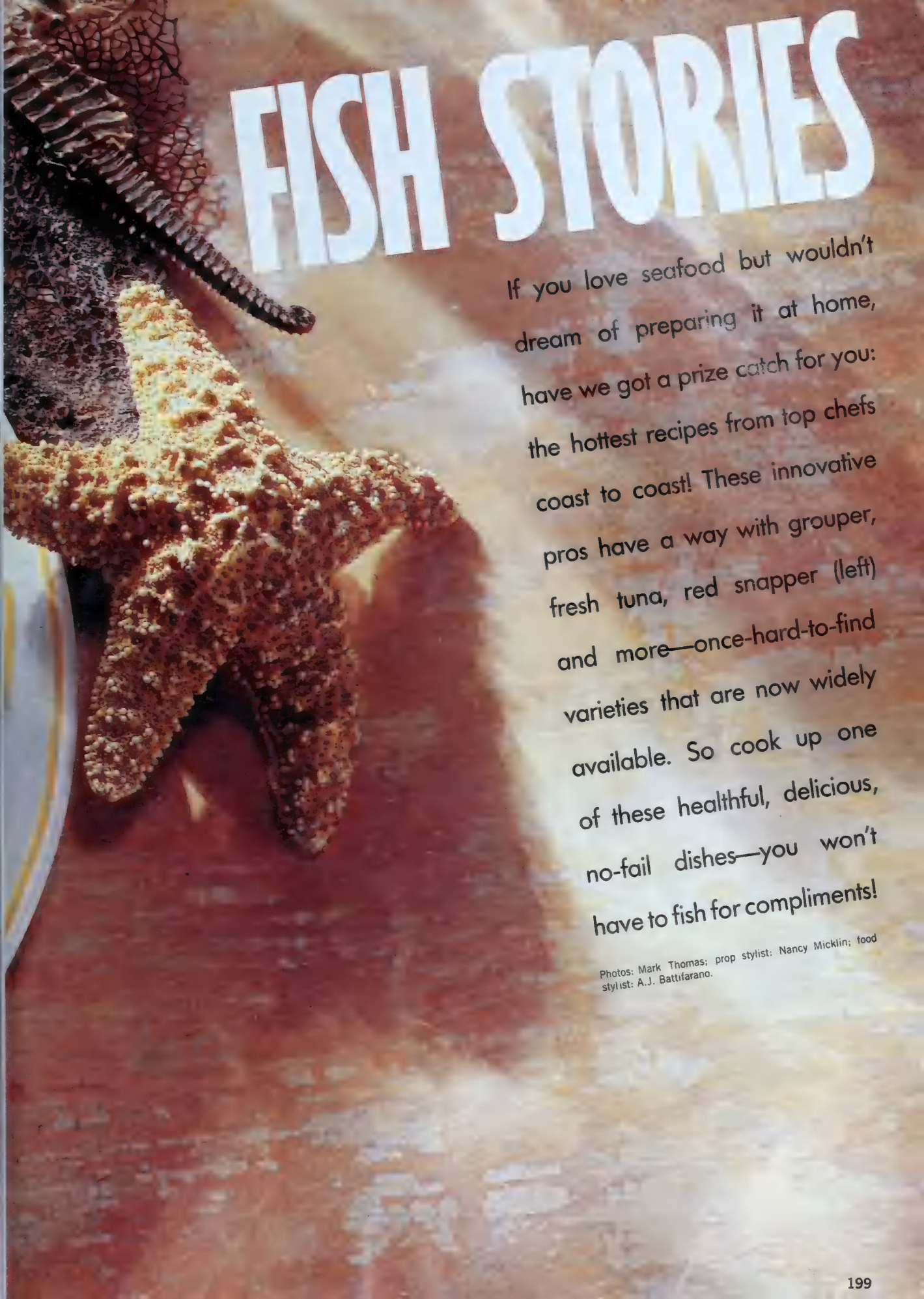
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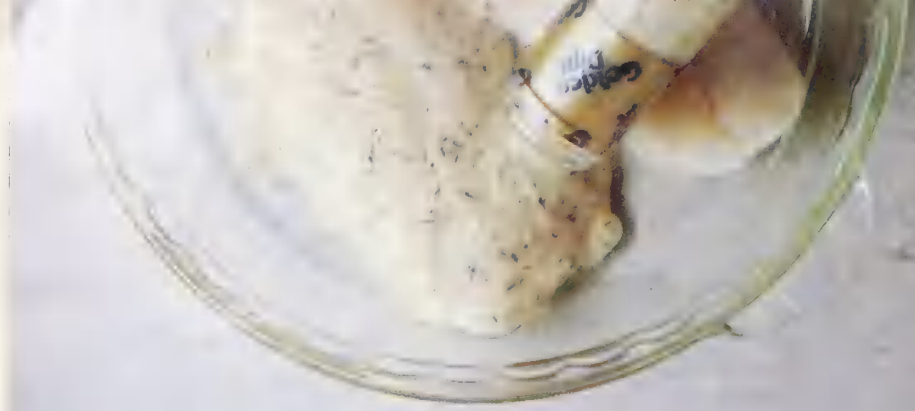
For nearly 60 years, the Better Homes and Gardens New Cook Book has been America's favorite. The new tenth edition has been completely updated and revised for the '90s. Now you too can have this cookbook at a wonderful savings. Inside the soft cover edition, you will find hundreds of recipes, ideas and tips. Streamlined preparation is emphasized for busy cooks. Even longstanding favorites are updated with clear, easy-to-understand cooking procedures. Microwave variations have been increased and microwave cooking charts have been developed.



FISH STORIES

If you love seafood but wouldn't dream of preparing it at home, have we got a prize catch for you: the hottest recipes from top chefs coast to coast! These innovative pros have a way with grouper, fresh tuna, red snapper (left) and more—once-hard-to-find varieties that are now widely available. So cook up one of these healthful, delicious, no-fail dishes—you won't have to fish for compliments!

Photos: Mark Thomas; prop stylist: Nancy Micklin; food stylist: A.J. Battifarano.



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FISH STORIES
continued

Easy · Moderate · Challenging · Microwave

GRILLED GROUPER WITH COUNTRY HAM & PEPPER RELISH
Elizabeth's on 37th, Savannah, GA



Elizabeth Terry often accompanies grilled seafood with lively fresh-vegetable mixtures such as this relish.

Prep time: 45 minutes
Cooking time: 8 minutes

- 1 tablespoon chopped fresh thyme or ¼ teaspoon dried
- 1 tablespoon cracked black peppercorns
- 1 tablespoon vegetable oil
- ¼ teaspoon salt
- 4 grouper or catfish fillets (6 oz. each), skinned

Relish

- 1½ teaspoons vegetable oil
- ¼ cup (1 oz.) minced baked ham
- 3 tablespoons minced onion
- 3 tablespoons minced celery
- 2 tablespoons minced red pepper
- 2 tablespoons minced yellow pepper
- 2 tablespoons chopped fresh chives
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped celery leaves
- 1 tablespoon extra-virgin olive oil

- 1½ pounds spinach, stems removed
- Salt and freshly ground pepper
- Lemon wedges and thyme sprigs, for garnish

Combine thyme, pepper, oil and sal bowl. Rub mixture onto both side grouper fillets. Transfer fillets to pl cover and refrigerate 30 minutes.

Relish: Meanwhile, heat vegetable in medium skillet over medium-h heat. Add ham and cook until ligh browned, about 1 minute. Reduce h to medium and add onion and cel Cook until vegetables are softe about 2 minutes. Remove from h and stir in red and yellow pepp Cover and let stand 5 minutes. Tra fer mixture to bowl and stir in rem ing ingredients. Cool to room temp ture. Makes 1 cup.

Prepare and oil grill or preh broiler and broiler pan. Grill or b fish 3 inches from heat source 3 t minutes per side, until just opaqu center.

eanwhile, cook spinach in 2 table-
ns water, covered, in large skillet
high heat until just wilted, 3 min-
Season with salt and pepper.
range 1 fillet on each of 4 dinner
s and serve with ¼ cup relish and
ach. Garnish with lemon wedges.
es 4 servings.

on info per serving: 280 calories, 38 gm
, 11 gm fat, 7 gm carbohydrates, 303 mg
, 67 mg cholesterol.

RDFISH WITH GRILLED SHIITAKE IROOMS AND PEPPERS
ops, Chicago



ed fish cooks much faster than you realize. Follow sous-chef Jason is's cooking time of two minutes ide for perfect results.

ime: 30 minutes
ng time: 4 minutes

- blespoons walnut or olive oil
- olespoon chopped fresh thyme or ¼ teaspoon dried
- lt and freshly ground pepper
- edium red peppers
- edium yellow peppers
- nces shiitake mushrooms, stems removed
- ordfish or mako shark steaks (8 oz. each), ¾-inch thick
- yme sprigs, for garnish

are and oil grill or preheat broiler broiler pan. Combine oil, thyme ¼ teaspoon *each* salt and pepper edium bowl.

rill or broil peppers 3 inches from source 20 minutes, turning every nutes, until evenly charred. Cover set aside. When cool enough to lle, peel, seed and halve peppers. into ¾-inch cubes and toss with oil ure.

rill or broil mushrooms 6 minutes, ing every 2 minutes, until tender. e mushrooms and toss with pep- Cover and keep vegetables warm.

prinkle swordfish with salt and er. Grill or broil 2 minutes per for medium-rare. Serve with hrooms and peppers and garnish thyme sprigs. Makes 4 servings.

ion info per serving: 340 calories, 42 gm n, 16 gm fat, 7 gm carbohydrates, 321 mg n, 79 mg cholesterol.

PEPPERED TUNA SASHIMI
Cafe Sport, Seattle



The strong Asian influence in the Northwest inspired this recipe, in which the tuna is seared on the outside but essentially uncooked inside. Slice as you would a flank steak, in thin diagonal pieces.

Prep time: 30 minutes
Cooking time: 6 minutes

- 1 tablespoon cracked black peppercorns
- 1 pound tuna steak, 1-inch thick
- 3 tablespoons plus 1 teaspoon peanut or vegetable oil
- 2 tablespoons finely chopped shallots
- 1½ teaspoons fresh lemon juice
- 1½ teaspoons sherry vinegar
- ½ teaspoon soy sauce
- ¼ teaspoon minced garlic
- ⅛ teaspoon Oriental chili paste
- Pinch salt
- 2 bunches watercress, trimmed (8 cups)
- 1 tablespoon toasted sesame seeds
- Lime slices, for garnish

Ginger-Soy Dipping Sauce
- ¼ cup soy sauce
- ¼ cup fresh lime juice
- 1 tablespoon julienned ginger
- 1½ teaspoons Oriental sesame oil
- ½ teaspoon minced garlic
- ½ teaspoon Oriental chili paste

Rub 1½ teaspoons cracked pepper onto each side of tuna steak. Heat 1 teaspoon oil in medium skillet over high heat. Add tuna and cook 2 to 3 minutes per side for medium-rare. Transfer to plate and refrigerate.

Meanwhile, whisk remaining 3 tablespoons oil with the shallots, lemon juice, vinegar, soy sauce, garlic, chili paste and salt in a large bowl. Add watercress and toss to coat.

Slice tuna steak into ¼-inch-thick slices. Arrange 2 cups dressed watercress on each of 4 serving plates. Fan 4 slices tuna on each and sprinkle evenly with sesame seeds. Garnish with lime slices. Serve with dipping sauce. Makes 4 servings.

Ginger-Soy Dipping Sauce: Whisk all ingredients together. Makes ⅔ cup.

Nutrition info per serving: 325 calories, 30 gm protein, 20 gm fat, 7 gm carbohydrates, 1,193 mg sodium, 43 mg cholesterol.

(continued)

What Does Seeing A Mermaid Mean?





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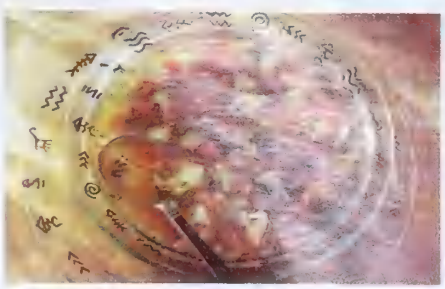
Per 2/3-oz. slice	Lite-line Process Cheese Product	Regular Process American Cheese
Calories	35	70
Cholesterol	10 mg.	15 mg.
Fat	2 g.	6 g.
Sodium	280 mg.	320 mg.

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■ FISH STORIES

continued

LIGHT CHOWDER Legal Seafood, Boston



Healthful eating is the trend at this popular restaurant. This no-cream chowder is in high demand with the lunchtime crowd.

Prep time: 20 minutes
Cooking time: 1½ hours

- 2 cups (about 1 dozen) chopped fresh quahogs or large chowder clams
- 2 bottles (8 oz. each) clam juice
- 1 cup water
- ½ cup chopped onion
- 1½ teaspoons minced garlic
- ½ bay leaf
- ¼ teaspoon thyme
- 1 cup diced celery
- ½ cup diced carrot
- 1 cup diced potatoes
- ¼ teaspoon freshly ground pepper
- 1 tablespoon chopped fresh parsley

Combine clams, clam juice and wa in stockpot. Bring to boil; skim. duce heat to medium. Add onion, g lic, bay leaf and thyme, cover and s mer 45 minutes. Add celery and car cover and cook 25 minutes. Add p toes and pepper; cook 20 minu more. Discard bay leaf. Stir in pars Makes 5 cups.

Nutrition info per serving: 55 calories, 7 gm pro 0 gm fat, 6 gm carbohydrates, 142 mg sodium mg cholesterol.

SAUTÉED SHRIMP WITH WHITE BEANS AN CRISP ONIONS
The Manhattan Ocean Club, NYC



Chef Jonathan Parker serves fish beans for a twist on country cookin

Prep time: 25 minutes plus standing
Cooking time: 1 hour 20 minutes

- 2 pounds large shrimp, peeled and deveine
- 1 tablespoon cracked black peppercorns
- 1 teaspoon chopped fresh thyme or ¼ teaspoon dried
- ¼ teaspoon salt
- ½ pound dry white navy beans
- 2 cans (13¾ or 14½ oz. each) chicken bro with enough water to equal 4 cups
- 6 garlic cloves, peeled
- 1 onion, halved, studded with 2 whole clove
- 1 carrot, cut into thirds
- 1 slice (1 oz.) slab bacon
- Bouquet Garni (¼ cup parsley leaves, 2 sprigs thyme or ¼ teaspoon dried an teaspoon peppercorns tied in double thickness of cheesecloth)

Crisp Onions

- 5 cups vegetable oil
- 1 cup all-purpose flour
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 cup milk
- 1 pound large onions, sliced thin

- 2 tablespoons butter or olive oil, divided
- 1 can (14 oz.) Italian tomatoes, drained a coarsely chopped
- ⅓ cup julienned fresh basil
- ⅛ teaspoon dried tarragon and tarragon sp

Combine shrimp, peppercorns, th and salt in medium bowl. Cover refrigerate 2 hours or overnight.

Pick over beans; soak in wate cover overnight; drain. Place bean saucepan with chicken broth, w garlic, onion halves with cloves,

acon and bouquet garni. Bring to reduce heat and simmer partially ed until beans are tender, 1 hour. ve vegetables, bacon and bouquet i. Drain beans; reserve ¼ cup ng liquid.

Onions: Heat oil in Dutch oven 50°F. over medium heat. Line roll pan with paper towels and in warm oven. Combine flour, and pepper in large bowl. Pour into medium bowl. Dip one third onions in milk, then in seasoned shaking off excess. Cook onions, ng occasionally, until golden, 3 to nutes. Drain on paper towels; keep n. Repeat coating and cooking re- ing onions in 2 batches.

lt 1 tablespoon butter or oil in skillet over medium-high heat. half the shrimp and cook until paque, 1 to 2 minutes per side. warm on a plate. Repeat with ining butter and shrimp.

d reserved cooking liquid from s and the tomatoes to same skil- ring to boil. Add basil, tarragon eans and cook 2 minutes.

vide bean mixture and shrimp g 4 dinner plates. Serve with onions and garnish with tarragon s. Makes 4 servings.

n info per serving: 895 calories, 57 gm 44 gm fat, 70 gm carbohydrates, 1,840 mg 302 mg cholesterol.

INE WITH SCALLOPS AND SQUID
i Mare, Marina del Rey, CA



Evan Kleinman meets diners' de- for variety in seafood with her e pasta paired with scallops and .

me: 25 minutes
g time: 10 minutes

- extra-virgin olive oil
- lespoon minced garlic
- ch red pepper flakes
- nd cleaned squid, sliced ¼-inch thick
- nd sea scallops, halved crosswise
- chopped fresh parsley
- julienned fresh basil
- s coarsely chopped spinach
- ian plum tomatoes, diced
- e and grated peel of 1 lemon
- spoon salt
- spoon freshly ground pepper
- nd linguine, cooked

oil in 14-inch skillet over medium-high heat. Add garlic and pepper flakes and cook 1 minute. Stir in squid, scallops, parsley and basil. Increase heat to high and cook, stirring, 1 minute. Add remaining ingredients and cook until spinach wilts, about 2 minutes more. Toss with linguine in large serving bowl. Makes 6 servings.

Nutrition info per serving: 520 calories, 37 gm protein, 13 gm fat, 14 gm carbohydrates, 575 mg sodium, 201 mg cholesterol.

GRILLED RED SNAPPER IN CILANTRO MARINADE WITH GARLIC AIOLI
Cafe Always, Portland, ME

pictured on page 198

Red snapper, always a Southern favorite, is now a hot item across the country.

Prep time: 25 minutes
Cooking time: 10 minutes

Marinade

- 4 cups cilantro leaves (2 large bunches)
- 3 garlic cloves
- Juice and grated peel of 1 lime
- 2 teaspoons coriander
- 1 teaspoon salt
- 1 teaspoon freshly ground pepper
- 1 teaspoon cumin
- ½ cup peanut or vegetable oil

- 4 red snapper fillets (7 oz. each), skinned, or 4 swordfish steaks (7 oz. each), ¾-inch thick
- Lime slices and cilantro sprigs, for garnish

Garlic Aioli

- ½ cup mayonnaise
- 2 teaspoons fresh lime juice
- 1 teaspoon fresh lemon juice
- 1 teaspoon minced garlic
- Pinch salt
- Pinch freshly ground pepper

Marinade: Coarsely chop all ingredients except oil in food processor. With machine on, gradually add oil until smooth.

Arrange single layer of snapper fillets in 13x9-inch glass dish. Coat both sides of fillets with marinade. Cover and refrigerate overnight.

Prepare and oil grill or preheat broiler and broiler pan. Grill fish 3 inches from heat source, basting with marinade, 5 to 6 minutes per side for snapper, 2 to 3 minutes for swordfish, for medium-rare. Place Garlic Aioli in heavy-duty plastic bag; snip off tip with scissors. Pipe onto fish; garnish with lime slices and cilantro sprigs. Makes 4 servings.

Garlic Aioli: Combine all ingredients in small bowl until smooth. Makes ½ cup.

Nutrition info per serving: 510 calories, 38 gm protein, 38 gm fat, 3 gm carbohydrates, 584 mg sodium, 84 mg cholesterol. ■



Berry Easy

Strawberries and Cream Pie

15-oz. pkg. Pillsbury All Ready Pie Crusts
1 teaspoon flour

Filling

8-oz. pkg. cream cheese, softened
⅓ cup sugar
¼ to ½ teaspoon almond extract
1 cup whipping cream, whipped
½ cup semi-sweet chocolate chips
1 tablespoon shortening
4 cups fresh strawberries, washed and hulled

Heat oven to 450° F. Prepare pie crust according to package directions for unfilled one-crust pie using 9-inch pie pan. (Refrigerate remaining crust for later use.) Bake at 450° F. for 9 to 11 minutes or until lightly browned. Cool.

In large bowl, beat cream cheese until fluffy. Gradually add sugar and almond extract; blend well. Fold in whipped cream. Spoon into cooled pie crust. Arrange strawberries pointed side up over filling. Chill. In small saucepan over low heat, melt chocolate chips and shortening, stirring constantly until smooth. Drizzle over strawberries and filling. Chill until set. Store in refrigerator. 10 to 12 servings.



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AS AMERICAN AS



APPLE PIE

A SAMPLER OF EVERYONE'S FAVORITE HOMEY FARE—JUST LIKE MOM USED TO MAKE. FROM A NEW COOKBOOK BY PHILLIP STEPHEN SCHULZ

APPLE AND CHEESE PIE

Apple pie without the cheese is like a kiss without the squeeze! Serve the cheese shredded in the pie or on the side.

Prep time: 40 minutes
Baking time: 50 minutes

Pastry

- 2 cups all-purpose flour
- 2 teaspoons sugar
- ½ teaspoon salt
- ½ cup cold lard or butter
- ¼ cup cold vegetable shortening
- 1 large egg, lightly beaten
- 1½ teaspoons red wine vinegar
- 2 tablespoons cold water

- ¾ cup sugar, divided
- 2 tablespoons all-purpose flour
- Pinch *each* salt and grated nutmeg
- ½ teaspoon cinnamon
- 1 tablespoon minced lemon peel
- 2 tablespoons fresh lemon juice
- 5 large red or green apples (2½ lb.)
- 1 cup (4 oz.) shredded sharp Cheddar cheese (optional)
- 1 tablespoon butter
- 1 tablespoon heavy cream

Pastry: Combine flour, sugar and salt in bowl. With pastry blender, cut in lard and shortening until mixture resembles coarse crumbs. Add egg and vinegar. Sprinkle on water, tossing with fork until just moist enough to hold *(continued)*



(continued) together. Shape into 2 balls, one slightly larger than the other. Wrap and refrigerate 1 hour or overnight.

Preheat oven to 400°F. Combine ½ cup sugar and next 4 ingredients; mix well. Roll out larger ball between 2 sheets lightly floured wax paper; line 9-inch pie plate. Sprinkle with 2 teaspoons cinnamon mixture.

For filling, combine ¼ cup sugar with lemon peel and juice in large bowl. Peel, core and slice apples; add to lemon mixture. Toss with remaining cinnamon mixture. Spoon into prepared pastry shell. Sprinkle with cheese. Dot with butter.

Roll out remaining pastry and place over pie. Seal, trim and flute edges. Cut out pastry scraps for decoration. Cut slits in top pastry to vent. Brush with cream. Bake pie on foil-lined baking sheet about 50 minutes, until golden and apples are tender. Makes 8 servings.

Nutrition info per serving: 470 calories, 5 gm protein, 23 gm fat, 64 gm carbohydrates, 177 mg sodium, 45 mg cholesterol.

BUTTERMILK-BATTER CHICKEN

Self-rising flour is the secret to this extra-crispy chicken. It's great for picnics.

Prep time: 10 minutes plus standing
Cooking time: 1 hour

- **1 chicken (3 lb.), cut into 8 pieces**
- **1½ cups self-rising flour**
- **1 cup buttermilk**
- **½ teaspoon salt**
- **½ teaspoon freshly ground pepper**
- **½ teaspoon freshly grated nutmeg**
- **2 cups vegetable shortening**

Roll chicken in flour and dip into buttermilk, shake off excess and roll again in flour. Place skin side up on a plate. Sprinkle with pepper, salt and nutmeg. Let stand 15 minutes.

Melt shortening in 10-inch heavy skillet over medium heat to 350°F. Add half the chicken, cover and cook 10 minutes. Uncover and cook, turning once, until crisp and juices run clear when pierced, 20 minutes more. Drain on paper towels. Keep warm. Repeat with remaining chicken. Makes 6 servings.

Nutrition info per serving: 535 calories, 32 gm protein, 34 gm fat, 25 gm carbohydrates, 645 mg sodium, 90 mg cholesterol.

GRANDMOTHERLY COLESLAW

Famous cookbook author Bert Greene always bragged about his grandmother's slaw recipe.

Total prep time: 45 minutes

- **6 slices (5 oz.) bacon**
- **1 large head (3 lb.) red cabbage, cored and shredded**
- **2 large carrots, shredded**
- **1 green pepper, minced**
- **1 small onion, chopped fine**
- **1 cup mayonnaise**
- **½ cup sour cream**
- **¼ cup milk**
- **1½ teaspoons Dijon mustard**
- **½ teaspoon salt**
- **½ teaspoon chili powder**
- **¼ teaspoon freshly ground pepper**

Cook bacon until crisp; crumble. Reserve 2 tablespoons drippings. Combine bacon, cabbage, carrots, green pepper and onion in large bowl. In small bowl whisk mayonnaise and drippings well. Add next 6 ingredients. Pour over cabbage mixture; toss. Makes 14 cups.

Nutrition info per serving: 175 calories, 2 gm protein, 17 gm fat, 4 gm carbohydrates, 251 mg sodium, 17 mg cholesterol.

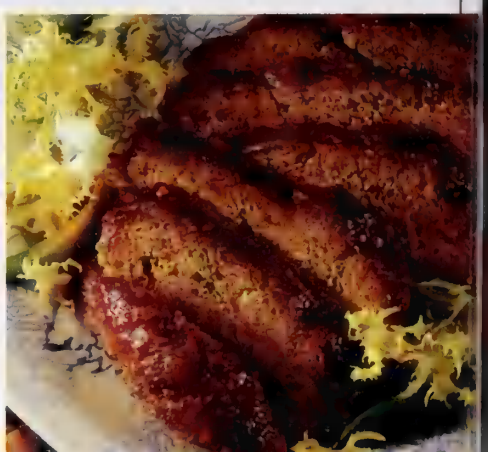
TEXAS BORDER-TOWN MEAT LOAF

This Lone-Star State winner has all the right seasonings and is loaded with tortilla chips.

Prep time: 25 minutes
Cooking time: 1¼ hours

- **2 teaspoons butter or margarine**
- **½ cup minced red onion**
- **⅓ cup minced red pepper**
- **1¼ pounds ground beef**
- **¾ pound ground veal**
- **¼ pound ground pork**
- **2 cups plain tortilla chips, ground**
- **1 large egg, lightly beaten**
- **1 can (4 oz.) chopped green chilies**
- **1 tablespoon chopped fresh cilantro**
- **1 teaspoon chili powder**
- **½ teaspoon cumin**

(continued)



HUNT'S® INTRODUCES

New Homestyle Spaghetti Sauce.

Here's a uniquely authentic Italian flavor. Hunt's Homestyle has a less sweet, more authentic taste because there's no sugar added. So all the flavors of the traditional herbs, spices and real Romano cheese really come through. We've been pleasing people for over 100 years. Always with style. Now with Homestyle.

New Chunky Style Spaghetti Sauce.

If you like a heartier spaghetti sauce loaded with fresh chunks of tomatoes, Hunt's Chunky Style was made just for you. Chunky Style is rich and robust, with fresh diced tomatoes, for a "seconds please" kind of taste. It's been our style to please people for over 100 years. Now we're doing it with Chunky Style.



IT HAD TO BE HUNT'S.

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(continued)

- ¼ teaspoon freshly ground pepper
- ½ cup beef broth
- ⅓ cup chili sauce
- 1 tablespoon brown sugar
- 1½ teaspoons red wine vinegar
- Curly endive leaves and hot peppers, for garnish (optional)

Preheat oven to 375°F. Melt butter in medium skillet over medium heat. Add onion and pepper; cook until softened, about 5 minutes. Cool slightly.

Mix meats in large bowl. Add onion mixture and next 8 ingredients; mix thoroughly. Shape into 9-inch loaf in shallow baking dish or roasting pan.

Combine chili sauce, sugar and vinegar in bowl. Spread over top and sides of loaf. Bake 1¼ hours. Let stand 5 minutes. Garnish with endive and peppers. Makes 8 servings.

Nutrition info per serving: 345 calories, 24 gm protein, 22 gm fat, 13 gm carbohydrates, 401 mg sodium, 118 mg cholesterol.

MICHIGAN ROOT-CELLAR POT ROAST

A hearty dish that brings back memories of the old days.

Prep time: 20 minutes
Cooking time: 2 hours 40 minutes

- 1 bone-in beef chuck roast (4 lb.)
- 1 garlic clove, crushed
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 tablespoon butter or margarine
- 1 tablespoon vegetable oil
- 2 small red onions, halved and sliced
- 2 cups chicken broth
- 4 large baking potatoes, peeled and cut into eighths
- 12 baby carrots, peeled
- 3 small turnips, peeled and quartered
- 4 small parsnips, peeled and halved lengthwise
- ⅛ teaspoon red pepper sauce
- 2 tablespoons chopped fresh parsley

Preheat oven to 350°F. Rub roast with crushed garlic. Sprinkle with salt and pepper. Mince garlic and set aside.

Heat butter and oil in large Dutch oven over medium-high heat. Add meat and brown well, 2 minutes per side. Transfer to a plate. Add onions and garlic to pot and cook 3 minutes. Stir in chicken broth, scraping bottom and sides of pot. Return meat to pot and heat to boiling. Cover and bake 1 hour 40 minutes.

Stir potatoes and carrots into pot. Bake covered 15 minutes. Stir in turnips and parsnips. Bake covered 45 minutes more, stirring once halfway through, until vegetables are tender.

Slice meat; arrange on serving plate with vegetables. Keep warm in low oven. Skim fat from pan juices and stir in pepper sauce. Spoon ⅓ cup sauce over meat; sprinkle with parsley. Serve remaining sauce on the side. Makes 6 servings.

Nutrition info per serving: 955 calories, 45 gm protein, 64 gm fat, 49 gm carbohydrates, 994 mg sodium, 180 mg cholesterol.

OLD-TIME MINNESOTA COCOA BARS

As easy to make as a cup of cocoa. If your kids aren't nuts about nuts, skip the pecans.

Prep time: 15 minutes
Baking time: 25 minutes

- ½ cup butter or margarine, softened
- 1 cup sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- ½ cup all-purpose flour
- ½ cup unsweetened cocoa powder
- ¼ teaspoon baking powder
- ¼ teaspoon salt
- ½ cup chopped pecans or walnuts

Preheat oven to 350°F. Grease 8-inch square pan. Beat butter in large mixer bowl until light. Gradually beat in sugar, then vanilla. Add eggs one at a time, beating well after each addition. Combine flour, cocoa, baking powder and salt. Add to butter mixture. Stir in nuts.

Spoon batter into prepared pan. Bake 25 minutes or until toothpick inserted in center comes out barely clean. Cool on wire rack. Cut into 2-inch squares. Makes 16.

Nutrition info per serving: 155 calories, 2 gm protein, 9 gm fat, 18 gm carbohydrates, 107 mg sodium, 42 mg cholesterol. ■





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THE MOST-COMMON COOKING MISTAKES



WHAT DO GREAT CHEFS KNOW THAT YOU DON'T? THE IMPORTANCE OF STICKING TO A FEW GOLDEN RULES SO EVERY RECIPE—FROM THE SIMPLEST SAUCE TO THE MOST COMPLICATED SOUFFLÉ—ALWAYS TURNS OUT PERFECT. WE ASKED THE PROS FOR EXPERT ADVICE AND COOKED UP A SLEW OF TOP TIPS

on the level

● Never approximate when it comes to measuring—even a slight error can cause disastrous results. To measure liquids accurately, always use a see-through glass or plastic measure with volume amounts marked on the outside. Hold cup at eye level to check volume.

For no-fail baking: Read the recipe slowly and carefully and use good-quality standard measures.

—MAIDA HEATTER, DESSERT MAVEN/COOKBOOK AUTHOR

● To properly measure dry ingredients, use measuring cups with a flat rim so the ingredients can be easily leveled off. Use measuring spoons the same way as cups—fill, then level off with a spatula.

● When measuring flour, use a scoop or spoon to add flour to the cup. When it's full, level off any excess. When a recipe calls for sifted flour, the flour should be sifted, then measured. If a recipe calls for sifting dry ingredients together, there is no need to sift flour prior to measuring. Just sift all premeasured dry ingredients together and proceed with the recipe.

● The standard egg used in recipes is grade-A large unless otherwise noted. Don't substitute other sizes, or you won't have the right amount of liquid to successfully complete the recipe. For example: 1 large egg, lightly beaten, equals 4 tablespoons; a jumbo egg is 5 to 6 tablespoons.

● Don't substitute whipped butter or margarine for stick butter in a recipe. The actual weight is less, so cup measures will be inaccurate.

Zip up a casserole with Miracle Whip®



CHEESY HAM CASSEROLE

½ CUP MIRACLE WHIP SALAD DRESSING
2 CUPS FRESH OR FROZEN BROCCOLI FLOWERETS, THAWED
1½ CUPS (6 oz.) 100% NATURAL KRAFT SHREDDED SHARP CHEDDAR CHEESE
1½ CUPS CHOPPED OSCAR MAYER HAM
1½ CUPS CORKSCREW NOODLES, COOKED, DRAINED
½ CUP CHOPPED RED OR GREEN PEPPER
¼ CUP MILK
¾ CUP SEASONED CROUTONS (OPTIONAL)

- MIX ALL INGREDIENTS EXCEPT ½ CUP CHEESE AND CROUTONS. SPOON INTO 1½-QUART CASSEROLE. SPRINKLE WITH REMAINING CHEESE AND CROUTONS.
- BAKE AT 350°, 30 MINUTES OR MICROWAVE ON HIGH FOR 8-10 MINUTES OR UNTIL HEATED THROUGH.

4-6 SERVINGS.
PREP TIME: 10 MINUTES. COOKING TIME: 40 MINUTES.

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the spice is right



A sure way to ruin a dish? Using herbs and spices that are past their prime.

—ALICE WATERS, CHEF/OWNER, CHEZ PANISSE, BERKELEY, CA

- Fresh herbs are always better to use than dried, because the flavor is more delicate. Since dried herbs are superconcentrated, using too much can create a musty taste. If a range is given, start with the lesser amount.

- You can replace each teaspoon of dried herbs with one to two tablespoons of chopped fresh herbs. If a recipe calls for fresh herbs and you don't have any, don't panic. Try this trick: Add a tablespoon of chopped fresh parsley to each teaspoon of dried herbs to enhance the flavor.

- Store leftover fresh herbs in an open plastic bag in the refrigerator (they'll rot in sealed bags) for one week to ten days. Dried herbs and spices, stored in a cool dry place, have a shelf life of one year. Label dried herbs and spices with date of purchase so you know when to toss them.

risky business

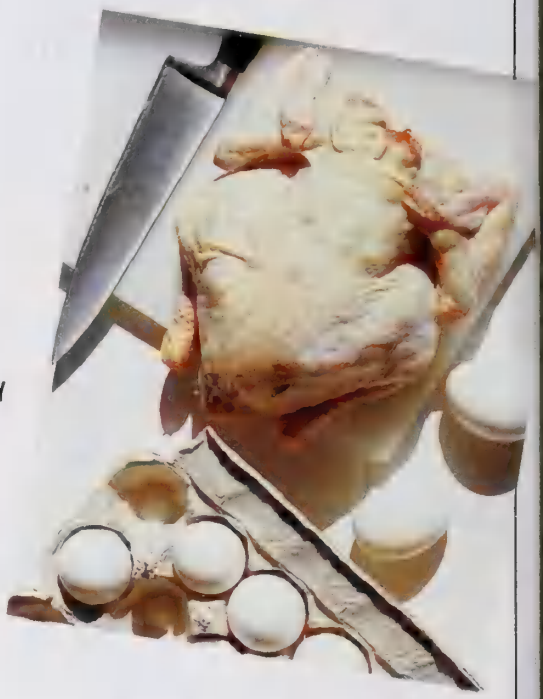
Salmonella is serious: Don't let raw chicken and eggs contaminate other foods.

—SUSAN TEMPLIN, USDA FOOD-SAFETY SPOKESWOMAN

- You won't find salmonella in cooked chicken, because the bacteria is destroyed at 160°F. and chicken should be cooked to 180°F. The culprit is raw chicken. Handle raw chicken on a nonporous surface like a plastic (not wood) cutting board. Scrub the board, the utensils and your hands with hot, soapy water before handling other food.

- If you've marinated chicken and want to use the marinade as a sauce, heat the marinade to boiling and then boil for three minutes.

- Eggs can carry salmonella, too. The American Egg Board recommends storing eggs in the main part of the refrigerator, not on the door. Eggs should be cooked; forgo homemade mayonnaise and other recipes made with raw eggs.



the cutting edge



Good cooks need at least three first-rate, sharp knives.—JULIA CHILD, COOKBOOK AUTHOR

- The three key knives: A cook's or chef's knife with an eight- to ten-inch blade for slicing, dicing and mincing. The paring knife has a three- to four-inch blade and is used for trimming and peeling. The serrated knife is used for slicing bread and other soft foods.

- High-carbon stainless steel is the preferred material for a knife blade. Stainless steel won't react with acidic foods and become stained, and the carbon content helps you keep a sharp edge.

- To hone knives with a sharpening steel, hold the knife in your preferred hand, low down on the handle with the blade facing away from you at a forty-five-degree angle to the steel. Draw the knife blade down the steel smoothly. Flip knife over and pull toward you. Repeat both sequences until blade is sharp.



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STRAWBERRY CHEESE PIE

(Makes one 9-inch pie)

- 1 (9-inch) baked pastry shell or graham cracker crumb crust
- 1 (8-ounce) package cream cheese, softened
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- ⅓ cup ReaLemon® Lemon Juice from Concentrate
- 1 teaspoon vanilla extract
- 1 quart fresh strawberries, cleaned and hulled
- 1 (16-ounce) package prepared strawberry glaze, chilled

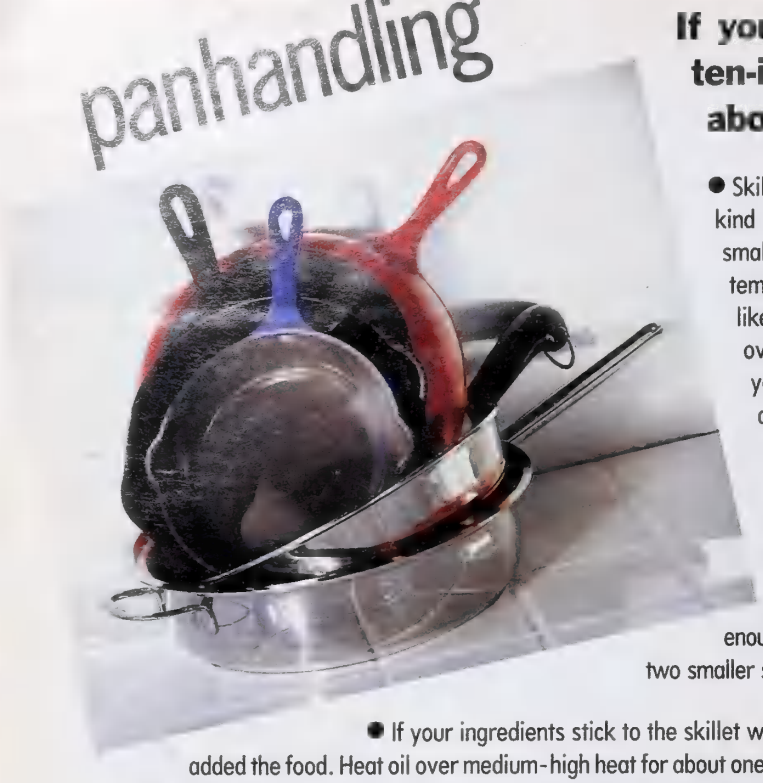
In large mixer bowl, beat cheese until fluffy. Gradually beat in Eagle Brand until smooth. Stir in ReaLemon and vanilla. Pour into prepared crust. Chill 3 hours or until set. Top with strawberries and desired amount of glaze. Refrigerate leftovers.



For free easy-to-make fresh fruit dessert recipes from Eagle Brand, just send your name and address to: **Easy Fresh Fruit Desserts, P.O. Box 9413-C, Clinton, Iowa 52736.**

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panhandling



If you buy just one good skillet, get a ten-inch with a lid—it's useful for just about everything. —PIERRE FRANEY, COOKBOOK AUTHOR

● Skillets vary greatly in material and style, and choosing the right kind will make all the difference. Too-thin pans will scorch; too-small skillets won't hold food properly and will cook it at a lower temperature than desired. The heavier the skillet, the better. We like cast-iron because of its weight, durability, even heating and overall value (season it well and you'll have it for life). To season your cast-iron skillet: Rub generously with vegetable oil. Pour another ½ cup oil into pan; bake at 325°F. for 1 hour. Cool pan in oven; pour off oil and wipe dry.

● Pay attention to the size of the skillet called for in a recipe. A small skillet measures seven to eight inches across the bottom; a medium skillet should measure nine to ten inches, a large skillet eleven to twelve inches. If you don't own a skillet large enough to fit in all the food you're cooking without crowding, use two smaller skillets or work in batches.

● If your ingredients stick to the skillet when you sauté, the oil probably wasn't hot enough before you added the food. Heat oil over medium-high heat for about one minute. If you're trying to reduce the fat in your diet, try a nonstick skillet. You can add ingredients to a cool nonstick skillet along with a tablespoon of water; cover and cook as recipe directs. You can also use a regular skillet sprayed with nonstick vegetable cooking spray. Heat before adding ingredients.

wave reviews

The more you know about your microwave, the more you'll use it. —THELMA SNYDER, MICROWAVE COOKBOOK AUTHOR



● **Get to know your microwave. The wattage of ovens ranges from 400 watts to 700 watts. LHJ recipes are tested in 600- to 700-watt ovens. If you have a lower-wattage microwave, cooking times will be longer. If you don't know your wattage, bring one cup of tap water to a boil in a one-cup glass measure. It will take 2½ to 3 minutes in a 600- to 700-watt oven, 4 minutes in a 500- to 600-watt oven, 5 minutes in a 400- to 500-watt oven.**

● **To see if a container is microwaveproof, place it empty in the microwave. Fill a one-cup glass measure with one cup of tap water, and place it next to the container. (It's important to use the cup of water; it will keep the oven from being damaged if the container is not microwaveproof.) Microwave on High one to two minutes. If the container remains cool to the touch, it's microwave safe. Do not use metal bowls or china with gold or silver decorations.**

● **The microwave rack will help circulate air around your food when microwaving. In fact, microwave popcorn cooks better on a rack. Try cooking bacon on a rack with a 13 x 9-inch pan underneath to catch drippings. Cover with paper towel or wax paper, and microwave as usual.**

● **Covers for food vary depending on how much moisture you want food to retain. Paper toweling (preferably plain white) absorbs excess moisture. Plastic wrap helps food retain moisture and seals in juices. Use only microwaveproof plastic wrap, and when covering food be sure to fold back one edge to vent it so juices will not bubble over. Wax paper allows some liquid to cook off and prevents spattering.**

● **When microwaving, you must stir and turn food to ensure even cooking. With a carousel, you'll merely need to stir several times during cooking. If there's no carousel, you must turn the dish a quarter turn several times during cooking, and stir as well. If you're using a rectangular dish, stir food from corners into the center of the dish to help prevent uneven cooking.** ■



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Photo, Cynthia Brown; prop stylist, Randi Barrit; food stylist, Teresa Fox.

TURKEY SPRING ROLLS

Low-fat turkey replaces beef in this variation of Japanese *negimaki* (beef and green-onion rolls).

Quarter 4 green onions lengthwise. Cut ½ red pepper lengthwise into strips. Combine 1 teaspoon grated fresh ginger, 1 teaspoon rice wine vinegar and 1 tablespoon reduced-sodium soy sauce in small bowl. Brush 1 side of each of four 4-ounce turkey cutlets with ½ teaspoon soy mixture. Place equal amounts green onion and red-pepper strips on top. Roll cutlets up around vegetables and thread with toothpicks to seal. Brush with remaining soy mixture.

Heat 1 tablespoon vegetable oil in large skillet over high heat. Add turkey; brown on all sides until cooked, about 5 minutes. Transfer to serving plate; cut each roll diagonally into 4 slices, cover and keep warm. Reserve pan drippings for noodles.

Nutrition info per serving: 140 calories, 27 gm protein, 2 gm fat, 2 gm carbohydrates, 227 mg sodium, 70 mg cholesterol.

menu

FOR FOUR

***Turkey Spring Rolls**

***Sesame Noodles**

***Asparagus–Snow Pea Stir-Fry**

Pineapple Wedges

***Recipe given**

Menu by Julia Pemberton

SESAME NOODLES

We used thin cappellini (angel-hair pasta) for this dish. Both fresh and dried pasta work well.

Cook ½ pound cappellini noodles according to package directions; drain. Add 1 cup chicken broth, 2 tablespoons reduced-sodium soy sauce and 2½ teaspoons Oriental sesame oil to skillet with turkey pan drippings. Bring to boil, scraping up any brown bits. Add noodles; toss well. Sprinkle with 1 tablespoon toasted sesame seeds. (To toast: Cook seeds in small skillet over medium heat, stirring till golden, 5 minutes.)

Nutrition info per serving: 260 calories, 8 gm protein, 5 gm fat, 44 gm carbohydrates, 591 mg sodium, 0 mg cholesterol.

ASPARAGUS–SNOW PEA STIR-FRY

The trick to trimming snow peas is to snap the stem end, then pull the string down the less-rounded side of the pod.

Trim ½ pound asparagus and cut into 3-inch pieces. Heat 2 teaspoons vegetable oil in large skillet over medium-high heat. Add 1 large garlic clove, minced, and cook, stirring constantly, for 30 seconds (be careful not to burn garlic).

Add asparagus pieces and ½ pound snow peas, trimmed; toss to coat. Add 1 tablespoon reduced-sodium soy sauce, ½ teaspoon freshly ground pepper and ¼ teaspoon salt; toss again.

Cover pan, reduce heat to medium and cook 5 minutes more.

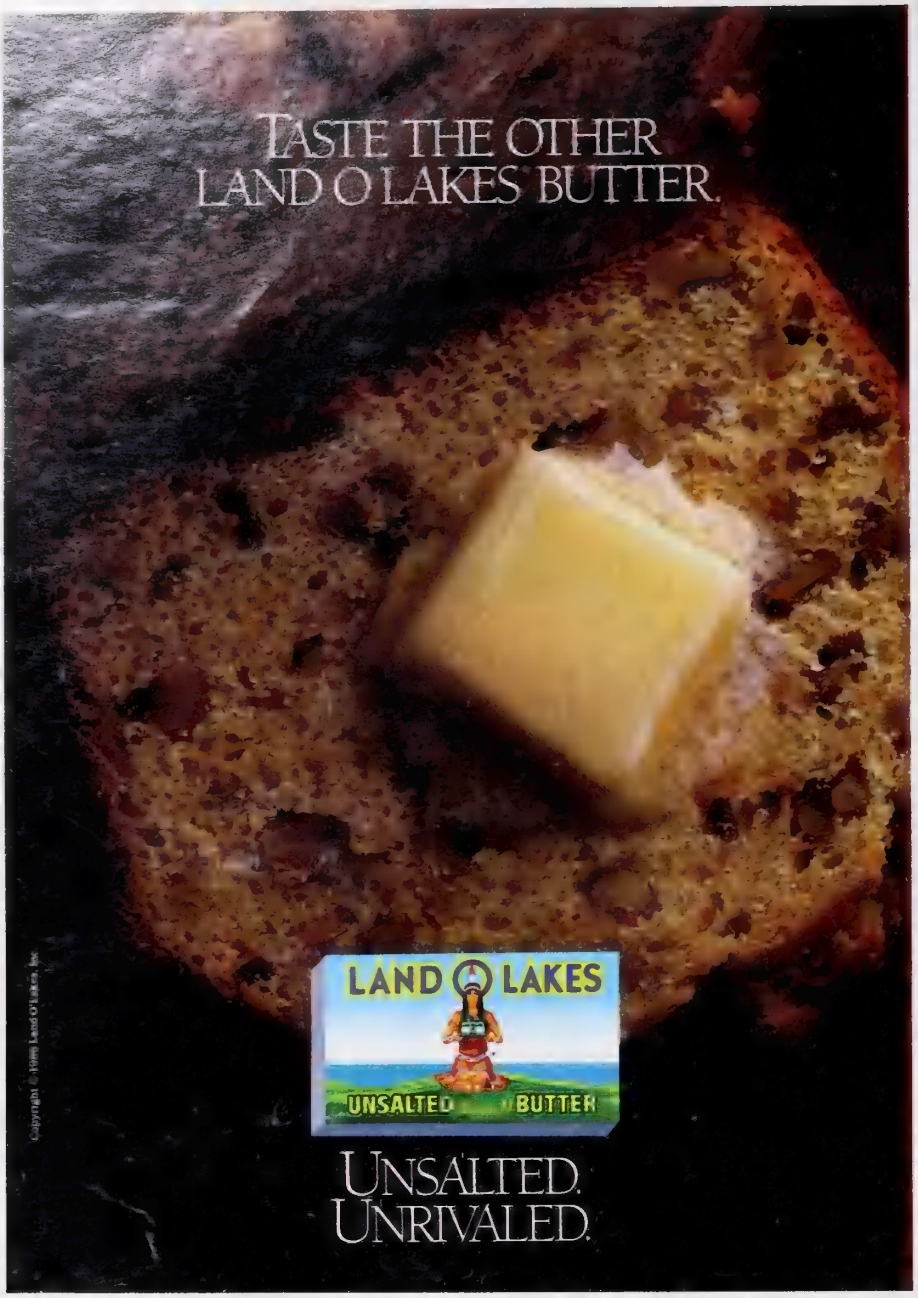
Nutrition info per serving: 60 calories, 3 gm protein, 2 gm fat, 7 gm carbohydrates, 288 mg sodium, 0 mg cholesterol.

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Journal Decorating Cente

Pages 166-167: Interior designs—Raymond Waites and Gear Design Team. Flowers—Thames River Greenery, New L don, CT. Trees—LandArt Associates, Norwich, CT. Artwor Mystic Maritime Gallery at the Mystic Seaport, Mystic, (includes: sailing print left of armoire, John Mecray; other na cal prints, Sally Caldwell Fisher; ship model on armoire, "D dic" by Edwin B. Leaf; ship hull on bookcase, Maine Pin Schooner "Vanite" c.a. 1832 by Edwin B. Leaf; ship mode bookcase, Delano WhaleBoat, New Bedford, 1850-1870, by J D. Young); "Lady Anne" and other nautical accessories, My Seaport, Museum Stores, 39 Greenmanville Avenue, Mystic, Wallcoverings—living room, "Sponge;" library, "Country H ley;" New Country Gear for Imperial Wallcoverings, 800-3 3700. Wicker—sofa, #GR125; lounge chair, #GR120, ottor #GR102; fabric, "Hampton Rose Garnet," New Country Gea O'Asian Designs, 3250 O'Asian Way, Charleston, SC. Win fabric—"Pearl Stripe" #998-4F7, New Country Gear for H loom; entertainment center, #135148-00, New Country Gea The Guild Hall, 7700 Hall St., St. Louis, MO. Birdhouses, throw, twig planter, needlepoint rug—ABC Carpet & Home, Broadway, NYC. Brass floor lamp—Lighting By Gregory, Bowery, NYC. Paint—Benjamin Moore. Pillows—mauve sage green, Conran's Habitat, 2248 Broadway, NYC. Floorir terra-cotta flooring, Mannington Ceramic Tile, P.O. Box Lexington. Carpet—Wellco Carpet, 1844 U.S. Highway 41S, houne, GA. **Pages 168-169:** Child's Room—rocking H lamp, #9506, Gear Loves Kids for Ainsley Lamp, MFG Inc., Flushing Ave., Brooklyn, NY; large pillows and sheets, "Fu Flight," Gear Loves Kids for Springs Industries, 800-537-0 rainwear and bags, Gear Loves Kids for Pyramid Handbags, West 33rd St., NYC; clothing, Gear Loves Kids for Kid D NYC; sleepwear, Gear Loves Kids for Schwab, 112 West 34th NYC; stuffed animals, Gear Loves Kids for Gund, 1 Run Lane, Edison, NJ; ceiling fixture; D'Lights, 533 West Win Road, Glendale, CA; closet storage system, Closet Maid ®, 221-0641; all nautical accessories, Mystic Seaport Mus Stores. Living room (with couple)—New Country Gear for Guild Hall; sofa, #880; Churchill sofa, #3380; wall unit 4132; decoy print, Lawrence Snyder, Mystic Maritime Ga (see above); all other framed art, New Country Gear for Fra Picture Enterprises, 601-563-5608; electronic equipment Abraham's Inc., Norwich, CT; old Kilim rug and pillows, Carpet & Home; Twig birdhouse (on beam), Conran's Hab Bedroom—New Country Gear for O'Asian Designs; #GR176; Nightstand, #GR175; sheets, "Country Classics lection," New Country Gear for Springs Industries; fabrics, loom; wallcovering, "Amelia Stripe," New Country Gear for perial Wallcoverings; pink lamp and blue-and-white sta bowl and underliner, Conran's Habitat. Living room (left)— Country Gear for the Guild Hall; petticoat sofa, #1080, love #1050; cocktail table, #13-1042; lamp table, #13-222; pink painted box and dhurrie carpet, ABC Carpet & Home; h painted candlestick lamp, Oriental Lampshade Co. Inc., Lexington Ave., NYC. Desk—#1560, Gears American Art for Hickory-Kaylan, 201 Pendleton Rd., High Point, NC; p John Atwater, Mystic Maritime Gallery. **Page 170:** Ha hutch, #12-3256 and base, #11-3256, New Country Gear for Guild Hall. Day-care center—border, "Silly Goose," Gear L Kids for Imperial Wallcoverings (see above).

recipe index

Here is a listing of recipes appearing in this issu including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

DESSERTS

Apple and Cheese Pie p. 205
Belgian Chocolate Snack Cake p. 194
Easy Cream Cheese Clouds p. 195
Macadamia Nut Tart p. 194
Molasses Ginger Cookies p. 138
Orange Angel Food Cake p. 191
Old-Time Minnesota Cocoa Bars p. 208
Rocky Road Cheesecake p. 197
Schnecken p. 196
Strawberries and Cream Pie p. 204
Strawberry Cheese Pie p. 213

ENTREES

Buttermilk-Batter Chicken p. 206
Cheesy Ham Casserole p. 211
Egg O'Muffin p. 90
Grilled Grouper with Country Ham and Pepper Relish p. 200
Grilled Red Snapper in Cilantro Marinade with Garlic Aioli p. 203
Linguine with Scallops and Squid p. 203
Michigan Root-Cellar Pot Roast p. 208
Peppered Tuna Sashimi p. 201
Sautéed Shrimp with White Beans and Crisp Onions p. 202
Sesame Noodles p. 216
Swordfish with Grilled Shiitake Mushrooms and Peppers p. 201
Teenage Mutant Ninja Turtles Pizza p. 87
Texas Border-Town Meat Loaf p. 206
*Tortilla Pizza p. 191
Turkey Spring Rolls p. 216

MISCELLANEOUS

Date Swirl Loaf p. 148
Light Chowder p. 202
Orange-Currant Scones p. 194
Sour Cream Coffee Cake p. 194
Southwest Salsa p. 191
White-Bean Dip p. 190
Yogurt Cheese p. 190

SIDE DISHES

Asparagus—Snow Pea Stir-Fry p. 216
Campbell's Classic Green-Bean Bake p. 16
Grandmotherly Coleslaw p. 206
Southern Spoon Bread p. 218

INSIDE THE JOURNAL KITCHEN

You asked for it

Dear LHJ:
When friends and I visited Walt Disney World, we had a terrific cornmeal soufflé at the Grand Floridian Beach Resort. We all want the recipe for this mystery dish. Help!

Trisha Gray
New York, NY

Southern hospitality

Mystery solved! That lighter-than-air sensation is the Grand Floridian's Southern Spoon Bread. Even better, it's a snap to make.

Preheat oven to 350°F. Butter and flour a 13x9-inch baking pan. Heat 2½ cups water, ½ cup butter, ¼ cup sugar and 1 teaspoon salt to boiling in large saucepan over medium heat. Whisk in 1½ cups yellow cornmeal and cook, stirring constantly, until mixture is thickened, about 2 minutes. Remove from heat and place in large bowl. Whisk in 1½ cups milk until smooth. Add 6 large eggs, then 1½ teaspoons baking powder. Pour into prepared pan. Bake 35 to 40 minutes, until puffed and golden brown. Serve warm. Makes 12 servings.

FERGIE GETS REAL

continued from page 158

wever. The Duchess was reportedly to receive about 00,000 for that less-than-candid newspaper interview, first time a royal had ever talked for a fee. When the l story broke, the outraged editors decided to withhold ne of the money. It's widely rumored that only the een herself stopped Fergie from charging into an exmely unregal court battle to collect the full amount.

The hounds of Fleet Street were also frustrated in their empt to find out whether Fergie's baby will be a boy or a l. During her first pregnancy, friends say, the Duchess d a test at about thirty weeks and discovered she'd be ving a girl. This time, she doesn't want to know the ld's sex, preferring to make the birth a surprise.

I have no idea if they want a daughter or a son," the chess's father, Ronald Ferguson, told the *Journal*, add- bluntly, "it's perfectly logical that they would want a . But all I want is that mother and child will be well."

No matter what the sex, the second child will, like most nger siblings, wear a lot of castoffs. Nonetheless, the e-spending Fergie, who dropped $55,000 on a shopping ee in the United States last year, couldn't stop herself m buying some additions to the baby's wardrobe, includ- several items from Ralph Lauren's store in Manhattan. verything's half the price of the things in London," she d gleefully. Like others in her set of aristocratic ma- ns, including Princess Diana, the Duchess loves Lau- 's tony traditionalism. (The splendid irony, of course, is t these true bluebloods should crave what is, after all, American imitation of British country clothes.)

Fergie also favors the White House, London's most exsive baby shop, where there is a doorman, an atmoere of hushed reverence—and nothing so vulgar as ce tags in the window. Among its most popular items: nd-smocked dresses. Though she herself may wear jeans d sweats, Fergie favors the old-fashioned look for her le girl.

The Duchess's taste for tradition extends to the day and ht nurseries at Castlewood, where both children will y until Sunninghill is ready. The rooms are filled with niature white furniture covered in classic Beatrix Potter ures. One of the most appealing pieces is the repainted h chair Fergie sat in as a baby. (For a peek inside the sery, see "Fit for a Prince(ss)," page 158.)

perfectly relaxing pregnancy

for the actual birth, friends say the Duchess is far less vous this time than she was with Beatrice, whose birth s induced. She will have the baby at Portland Hospital, ere she hopes to stay no longer than two days. The ndon hospital, nicknamed the "Portland Hotel," fits out $650-a-day suites with designer wallpaper, plush armirs, a TV and a small refrigerator.

Sarah seems much happier, too, about her weight. By sixth month she had kept her gain to only twenty-two nds—about normal for an expectant mother. (During first pregnancy, she gained fifty-six pounds.) In fact, gie's unusually slim appearance prompted some press ics to say she had become obsessed with dieting. "She 't win," the Duchess's father said disgustedly. "She is ner too fat or too thin."

Andrew, said to be mildly jealous after Bea's birth, aprs to be taking his wife's second pregnancy more in de. The Duke seems to need constant attention—a remnt, perhaps, from his youth, when he was the Queen's orite child—and his wife of four years is only too deted to indulge him. "I worship him," she told Barbara lters. "Home, husband first, then, you know, keep the



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most galling. According to her standards, she is quite attentive parent—even if not as single-mindedly ma nal as the Princess of Wales.

"She [Beatrice] is a placid, happy little girl," Fergie said. "She's got everything she needs and devoted par who see her as much as they possibly can. Surely th the answer for every child."

The Duchess makes certain, too, that Beatrice is lacking in the company of other children. For her dau ter's first birthday last summer, she threw a party no one who attended will ever forget. The ground Castlewood echoed with the shrieks of children runn among the trees, and the little girl's guests inclu Diana and her two Princes, William and Harry.

The tables were covered with multicolored paper cl and laden with the children's favorite treats: cookies, sandwiches, strawberry gelatin and the centerpiec huge cake shaped like the number one, with a si candle. Afterward adults and children alike pla games, including one of Fergie's childhood favorites, the tail on the donkey. The Duchess also hired a clow perform for her daughter, and bunches of enormous loons decorated the party room. All in all, it ha seemed the kind of event that would be staged b neglectful mother.

It's impossible to predict, of course, whether the ne demure Fergie will renounce her freewheeling ways ever. But if she manages to teach her children to b independent and spontaneous as she is, it is the dow earth Duchess—and not her critics—who may well h the last laugh.

Susie Pearson is a London-based journalist who cover royal family for Ladies' Home Journal.

FERGIE GETS REAL
continued

children happy, and then you can think of yourself."

The Budgie battle

Although the last few months of her pregnancy were low-key, Fergie seems to believe they were nothing more than a brief respite. "I think I'll go on being criticized," she told an interviewer. "I do things that leave myself open to criticism."

The remark was an understatement, considering the public controversy over the profits from the two children's books Fergie had published last fall. The relatively paltry donation she planned to give to children's charities seemed rather mean-spirited coming from a woman whose husband has a $1.6 million trust fund and who receives approximately $250,000 a year for staff and other expenses. But the Duchess, a lavish spender, may have felt that that income was not enough; in his book about the royal fortune, *Theirs Is The Kingdom* (Summit Books, 1989), author Andrew Morton said Fergie wrote the two children's books to pay her bills. Neither *Budgie the Helicopter* nor *Budgie at Bendick's Point* did spectacularly well in the United States, although they fared better in Britain.

Still, Fergie hasn't let the unpleasantness hold her back from yet another publishing project: working with an author on her own biography. Her parents, desperate to improve their daughter's public image, are eagerly cooperating.

The good mother

Of all the judgments leveled against the Duchess, the criticism of her mothering techniques must be by far the




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STATE OF THE EARTH

continued from page 164

that were barely mentioned at the first innocent Earth Day: Every week, it seems, we read about another community—whether the blue-collar town of Fernald, Ohio, or the affluent suburb of Harrison, New York—that is terrified of a toxic-waste dump in its midst. And every mother worries lest the food she gives her children turn out to be tainted with some carcinogenic substance. "People have a new awareness of the fragility of the planet," says Alan Lloyd, chief scientist of the South Coast Air Quality Management District, in Los Angeles.

Twenty years after that first hopeful gathering, much has been learned—and so very much remains to be done. For suggestions on how you can help, see story at right. Below, a report card on how we're doing overall, and where we must go during the next decade.

WATER: B

America has made demonstrable progress against water pollution. In the late sixties, lakes were choked with algae, and rivers stank with the carcasses of fish that had been killed by chemicals; one of the era's most potent symbols was an industrial pipe discharging poison into a river. Then, in 1972, Congress passed the Clean Water Act, which blocked many of those pipes, and thousands of rivers, streams and lakes are appreciably cleaner. Among other things, Lake Erie is no longer a virtual cesspool, and even some urban rivers, such as the Potomac, near Washington, D.C., are again safe for swimming in many sections.

But controlling one pollution source often reveals others. For example, millions of pounds of pesticides and fertilizers are applied to U.S. croplands annually, and much runs off into the nation's waters after rainfall.

Another danger spot: aquifers, or natural stores of underground water. Today, at least 2.1 million of the 117 million Americans who rely on such groundwater for drinking find it rendered unpotable by pollutants such as agricultural contaminants, buried wastes, and seepage from the nation's two million underground oil and gas tanks.

In the nineties, Congress is expected to consider bills that would reduce the amount of pesticides and fertilizers used, and would impose new regulations to keep pollution sources away from wells.

AIR: C+

Air pollution encompasses a formidable array of contaminants, and we have made uneven *(continued)*

TWENTY-FIVE EVERYDAY WAYS TO HELP CLEA UP OUR PLANET. BY DIANE MACEACHERN

Sometimes the environmental problems we face seem overwhelming. But we ca something. By making small but substantial decisions, we can make a better lif ourselves and our children. Here, some little ways to make a big difference.

ABOUT THE HOUSE

1. Lower your thermostat to about 65°F. during the day and 60°F. at night. If every household in the U.S. lowered its average heating temperatures six degrees, we would save more than 570,000 barrels of oil per day.

2. Don't leave lights on unnecessarily. It takes about 394 pounds of coal to keep a 100-watt light bulb burning twelve hours a day for one year.

3. Replace fixtures that use two or more low-wattage bulbs with one that uses one higher-wattage bulb. A single 100-watt bulb gives off about the same amount of light as two 60-watt bulbs, and it uses less power.

4. Use dimmers. They save energy by making it easy to reduce light intensity.

IN THE KITCHEN

5. Don't leave the water running. A full gallon can go down the drain in sixty seconds. If you're washing dishes by hand, fill the sink with soapy water and scrub each utensil separately. Rinse, turning the faucet on only halfway.

6. Preheat the oven for as short a time as possible, especially when you're cooking roasts or casseroles.

7. Put lids on pots. This keeps the heat in and speeds up cooking time.

8. When cooking small quantities of food, it generally pays to use microwaves, toaster ovens or slow cookers. Microwaves and pressure cookers typically consume about half the electricity of a conventional oven.

9. Use cloth napkins and dish towels instead of paper.

IN THE BATHROOM

10. Each time the toilet is flushed, five gallons of water are used. You'll use 15 percent less water by putting a weighted bottle or ceramic brick in your toilet tank.

11. Turn off the water when you brush your teeth—you'll save a couple of gallons.

12. Americans throw out two billion disposable razors a year. Instead use metal razors or electric shavers.

13. Install a water-saving sho head. You'll use 30 to 60 percent water and still get a strong flow.

14. If you're willing to put up with inconvenience, consider using c diapers instead of disposables.

LAUNDRY

15. Use low-phosphate or phosph free cleaning products in clo washers and dishwashers.

16. Switch to a nonchlorine ble Chlorine ends up in streams and ri killing fish and other aquatic life.

IN THE SUPERMARKET

17. Bring home groceries in the fe number of bags possible, and tr reuse those bags.

18. Buy returnable bottles and c Each bottle may be reused as man fifty times.

19. When buying liquid products s as shampoos and sodas, pick the l est containers. You'll save money throw out fewer empties each we

20. Buy eggs in cardboard cartons, Styrofoam ones. In fact, when possible, choose natural prod over plastic.

21. If possible, buy unbleached sions of products such as coffee fil toilet paper and paper towels.

22. Buy rechargeable nickel-cadm batteries. They're three times as pensive as common alkaline batte but they can be recharged hundr of times.

IN YOUR CAR

23. Share your ride, or join a car p

24. Don't let the motor idle for m than a minute. It takes less gasolin restart the car than it takes to let it i

25. Check your tires often. Underin ed tires increase gas use. You los percent in fuel economy for ev pound of pressure below the rec mended pounds per square inch.

From SAVE OUR PLANET: 750 EVERYDAY WAYS YOU HELP CLEAN UP THE EARTH, by Diane MacEachern lished by Dell Publishing Co., a division of Bantam Doul Dell Publishing Group. Copyright © Diane MacEachern,

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STATE OF THE EARTH
continued

progress against it. The success Lead has almost disappeared from air, largely due to the introduction lead-free gasoline in the mid-sev ties. And levels of airborne dirt, d and soot have dropped modestly, du cleaner fuels and tighter emissi controls.

But there are resounding failu too. Three in five Americans—140 m lion people—live in areas where air does not meet standards set by Clean Air Act of 1970, which regula six common pollutants. The gove ment has given low priority to enfo ment, experts say. What's more, ind try is allowed to spew billions pounds of other toxic chemicals i the air each year, because most them remain unregulated. Why? " EPA is stalled by industry challeng But the agency is lobbying for regu tory powers with more teeth, and C gress is undertaking the first ma overhaul of air-pollution laws in t teen years.

Nor are we winning the fi against acid rain—normal precip tion made corrosive by the gases t are released in the burning of coal and natural gas. Acid rain has b eating away at buildings in the No east and Canada, the most heavily fected areas, and killing fish and pl life in hundreds of lakes and strea in those regions. The federal gov ment has signed an acid-rain con pact with Canada. But "even if turned off the acid-rain switch tom row, it would still take years or cades to recover," says James Ga way, Ph.D., professor of environme sciences at the University of Virgi

Air pollution damages more t buildings and waterways, howeve is hazardous to our health. For ex ple, regular exposure to smog can the lungs, just as cigarette smoke d

Still, there is a surprising amo that ordinary Americans can do to duce smog. An estimated 40 per comes from automobiles and ano 40 percent from consumer prod and small businesses such as bake and dry cleaners. In the Los Ang area, America's smog capital, offic are considering bans on a variet products, including gas-powered l mowers and charcoal lighter flu and have set up patrols to hunt d vehicles that belch smoke.

FOOD: C–

Ironically, one of our most insid problems is contamination of the l of food—fresh fruits and vegetabl that is supposed to make us heal

972, two years after Earth Day, EPA banned the use of the pesticide . Yet much of our produce is still ted with other chemicals.

little over a year ago, the Natural ources Defense Council, a nonprofit lic-interest environmental law , released a report that concluded t children face a risk of cancer and rological damage from ingesting icide residues from fruits and veg- les. The public became especially erned about Alar, a chemical yed on apples to improve color and ure, and school cafeterias stopped ing the fruit virtually overnight. e then, the manufacturer stopped ng Alar for use on apples. The sub- ce may still be found in processed s—such as apple juice—bottled be- the ban, but it will be banned as of 1991 for all produce grown in or rted to the U.S., as well as pro- ed foods.

ill, pesticide poisoning may not be ermanent hazard. A number of ers have been cutting down on nicals. Some use crop dusters to y their fields with insects that eat s. Others have begun returning to rotation—planting different crops a season—to prevent any one type st from establishing itself.

ublic outcry—on the part both of nary women and of celebrities like yl Streep, who testified against before Congress—has played a in this change, experts say. "These es evolve in cycles, and general ern about pesticides in foods is on upswing," says Charles Benbrook, D., executive director of the Board Agriculture of the National Acade- of Sciences.

LID WASTE: D

sh disposal and the notion of recy- g were among the top items on the ironmental agenda two decades But nobody did much, and now age threatens to bury us all. The aining landfills open today will h capacity in the next five years. It lmost impossible to open new ps, because of high land costs and munity opposition.

ne experts agree that we can't just r up the trash; we need to find ner ways to burn it, and—most im- ant—we need to step up recycling cut back on the amount of garbage generate. A few city and state gov- nents are embarking on programs will likely be widespread at the of the nineties: Vermont governor leleine Kunin has proposed a strin- t program that includes charging a or appliances that are dumped, re- ing newspapers to use recycled sprint, and banning disposable di- apers. In July, Minneapolis and St. Paul will bar plastic food packaging that cannot be recycled. Since 1981, Seattle has been charging for picking up garbage they send to the dump; recyclable trash is picked up for free. As a result, they've sliced by one quarter the amount of trash they send to dumps.

TOXIC WASTE: D

Even more frightening than overflowing landfills is the number of untreated dumps that contain toxic waste—deadly chemical or nuclear materials. In 1980, two years after the headlines about Love Canal, the upstate New York neighborhood built on a poisonous chemical dump, Congress established the Superfund law, a statute designed to pay for cleaning up such sites. But the program has moved at a shockingly slow rate. Over the past ten years, the EPA has spent several billion dollars and cleaned only about fifty sites. Still untreated, according to the Environmental Defense Fund: perhaps ten thousand toxic dumps, many of which are leaching a poisonous brew of chemicals into aquifers.

Why has progress been so snail-like? Many experts maintain that the EPA was hobbled by President Reagan's stance against environmental regulation. But in all fairness, experts underestimated the size of the task. "People just didn't have a sense of how many sites there were, how difficult it was going to be, and how long it was going to take," says Joel Hirschhorn, of the Congressional Office of Technology Assessment.

Communities based near toxic dumps have long been pressing for thorough cleanup. But such procedures are phenomenally expensive—it would take $500 billion to clean up all the toxic sites. Excavation of one particularly troublesome dump alone, in Uniontown, Ohio, would run $500 million. Increasingly, experts say that Superfund will have to revise its mission if it is to make any headway at all. "The dilemma of Superfund is how to notch down the idealism into something practical while still holding on to its moral underpinnings," says Hirschhorn.

Experts in the field have high hopes for a variety of new and less expensive cleanup technologies being developed at labs around the country, including microorganisms that break down poisonous chemicals. Meanwhile, the EPA is choosing to "contain" dumps through a combination of water pumps, sturdy clay and plastic liners for the waste, and fences with locked gates.

FUTURE SHOCK

One issue almost certain to dominate the environmental agenda *(continued)*

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STATE OF THE EARTH
continued

for the next decade is global warming, or the greenhouse effect. Scientists agree that the uncontrolled venting of certain waste gases into the atmosphere will change our climate. Most think it will warm the earth, much as the sun warms a greenhouse.

There's some disagreement on how quickly this will happen, and whether it will melt the polar ice caps and flood our shores. But experts, from NASA space scientists to oceanographers and meteorologists, warn that we must limit our use of the carbon-based fuels that emit these gases. That means tough decisions ahead about how best to use coal, gas and nuclear energy, and a search for alternative sources that will be effective, clean and affordable.

Those decisions are not easy to make, and it may not be easy to live with them, but it is essential that we make them now. If we want to keep the earth safe for our children, we cannot mothball environmentalism for the next twenty years, like some quaint T-shirt. It is far more than a matter of nostalgia or faddishness; it is a matter of survival. ■

Betsy Carpenter, an associate editor of U.S. News & World Report, specializes in writing about the environment.

VALDEZ FAMILY
continued from page 164

as crowded streets, a soaring crime rate and a general loss of privacy.

While other residents dealt with the stress of the disaster by fighting or seeking outside help, the Ruffs developed a family support system that helped them get through the worst times. "We basically had only ourselves, so we had to be there for each other," explains Georgia.

Now that the disaster is out of the headlines and Valdez is quiet again, residents are getting their lives back in order. "We have to allow ourselves some time to accept that things will never be the same," says Georgia.

Exxon suspended its cleanup efforts in September, and a decision will soon be made whether the company should resume the cleaning. The Ruffs, meanwhile, have learned a hard lesson in ecology. "I've become better informed on environmental issues," says Ron.

"I've always been really concerned about animals, but not so much about the earth," Georgia says. "Now I want to teach my children to be conscious of the environment. We have to protect it, or there won't be anything left." ■

CAN THIS MARRIAGE
continued from page 24

confused. I can't believe I'm saying this, but I'm torn between the two."

THE COUNSELORS' TURN

"In our experience, there are usually three reasons for marital infidelity," said the counselors. "It can be a symptom of something wrong in the marriage—not just sex. It can be the result of two people growing and changing so much that they are no longer in love or compatible. Or, as in this case, it can be the selfish, self-indulgent act of one partner who feels he or she is entitled.

"Initially, we were most concerned about Eileen. Though we did not believe she was suicidal, she was truly devastated by Russell's betrayal. A conservative, religious woman, she considered her marriage vows sacred, and when her carefully constructed world was shattered, so was she.

"Since childhood, Eileen was the good little girl who tried so hard to please that she lost all sense of self-esteem and self-confidence. She became a doormat for her abusive first husband, then for Russell. For Eileen, the definition of a woman was one who took care of her husband—whether that meant keeping a perfect home or supporting the family financially—to the point of sacrificing her own needs.

"Russell was the selfish, pampered son who grew up in a household built on religious platitudes but lacking in real moral teaching. With a mother who did everything for him and made excuses for any wrongdoing, he never developed a sense of responsibility, and he stumbled through life with the attitude that nothing really mattered.

"Even as an adult, Russell found it difficult to connect with people except on a superficial level. Unassertive and not particularly ambitious, he continued to take the easy way out. For instance, he did the fun part of his job—schmoozing with customers—but he pushed his paperwork aside.

"Russell's lifelong string of failures came to a head as he approached forty, a benchmark birthday when many people take stock of their lives. Russell found himself wanting, and it was at this point that he was particularly vulnerable to an extramarital affair. He simply couldn't say no.

"Our first goal in counseling was to convince Eileen that she had done nothing to provoke the abuse in her first marriage or the infidelity in her second. The latter had far more to do with problems Russell refused to deal with. However, she certainly did not have to stand for it anymore.

"One of our first questions to Eileen was, Where's your anger? Despite husband's infidelity, she was still w dering, How can I help him? Such tinuous self-sacrifice was unheal Instead, we told her to tell Russell actly how she felt and what she exp ed of him: He was to end his af immediately. He was to start hel her around the house. He was to spending so much time in his w shop or going fishing, and instead t her antique shopping or out to din or whatever else she wanted to do.

"This was very difficult for Eil not only because she had spent a time catering to others, but also cause she truly believed that 'a g wife doesn't ask.' We explained t many people are not as perceptive she is and that Russell especially to be told something point-blank fore it would occur to him to do it.

"Eileen forced herself to think of own needs more. When a savings b came due, she used the money to herself a new car—a red Firebird. had always wanted to cut back working hours; this time, Russell supportive—though it thrust finan responsibility squarely on his sh ders. He rose to the challenge.

"For the first time in his life, Rus started to look at himself candidly. truly loved Eileen, and he realized h special their relationship was and h close he had come to destroying it. agreed with him that, while extram ital sex could be exciting, the th was more akin to the 'forbidden fr and was not as satisfying in the l run as the deep and lasting love and Eileen shared. In fact, we t Eileen and Russell that one reason felt they could repair the damage that their marriage was built a firm foundation.

"Russell promised to take some dr tic steps of his own. He broke off affair and started working diligen at his job, doing the paperwork weekends if necessary. As the ord started coming in and his boss knowledged his success, his self-co dence rose. He started helping aro the house. He stopped comparing h self with his wife and instead star really talking to her—and that co munication has bonded them furth

"This couple was in counseling fo year and a half. By the end of our l session, Eileen told us, 'I know Russ truly loves me as much as I love hin know he grieved with me through t ordeal.' Do the memories still hurt? asked her. 'Time has made it easi she admitted. 'Though I've forgiv him, there will probably always b lot of pain. But I do trust him. Belie me, I couldn't live with him if I didn

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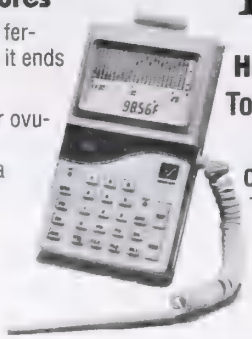
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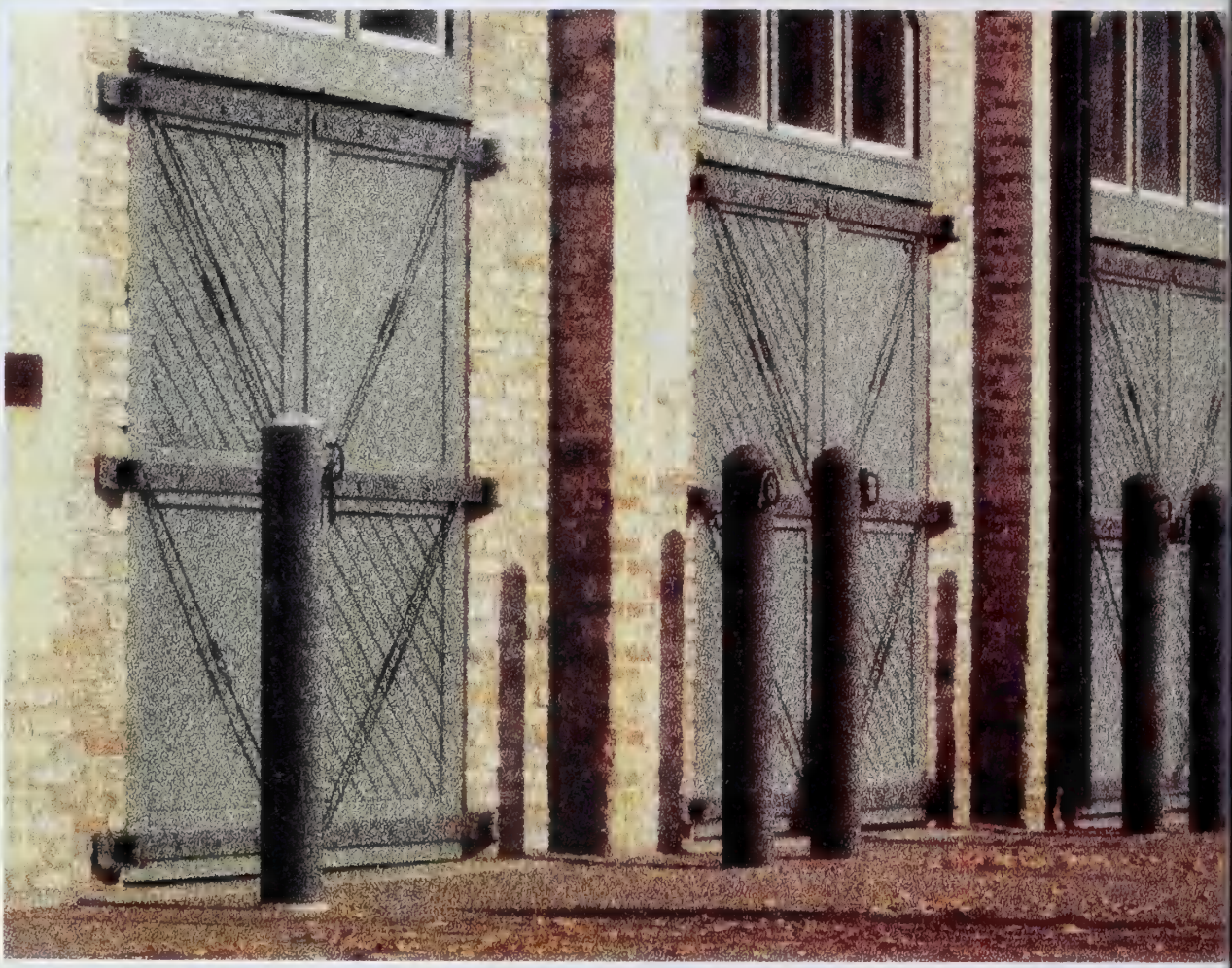


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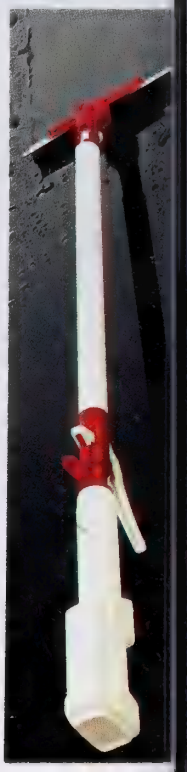
▼ FASHION STATEMENT WITH T

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TRAVEL JOURNAL

HIGHWAY 20: FROM CORVALLIS TO NEWPORT

When President Eisenhower instituted the postwar Highway Program, he never mentioned the pure fun of motoring down a meandering country highway, exploring new territory and drinking in sylvan scenery. And one of the most enjoyable routes is the stretch of U.S. Highway 20 in Oregon, between Corvallis and Newport. Whether it's a short detour off Interstate 5 to break up a long drive, or an unhurried tour, it offers a respite from the modern world as you drive through landscape-like settings of old, weathered barns, rolling hillsides textured with rows of vineyards, and acres of fruit-and-nut orchards. At every turn are farms where sheep, cows and chickens roam free. Look to one side of the road to see a family of deer in the brush, then drive on to witness a sleek and graceful Arabian horse being exercised in his ring. Then stop at a roadside stand to buy strawberries, blueberries or sweet filberts.

All along the route pioneer heritage is preserved. There are numerous museums, historical buildings, homes and covered bridges. Begin in Corvallis, the heart of the fertile Willamette Valley, and visit the Benton County Courthouse, sitting on a lovely expanse of manicured lawn and shade trees. In the basement are exhibits and photo displays depicting the town's history, including the construction of the courthouse.

Corvallis is also home to Oregon State University, less than two miles west of the courthouse. You can pick up a self-guided walking tour of the campus at the information kiosk, and be sure to visit the Irish Bend covered bridge, which is open only to pedestrians and cyclists.

If you have plenty of time to wander, drive the Benton County Scenic Loop, which intertwines parts of U.S. Highway 20 with Highway 99W. (Keep in mind that 99W is parallel to 99E and both run north/south. The Scenic Loop signs may also be misleading—a few signs have you heading straight when in fact, farther down the road, you need to turn. The Loop is a recent Benton County project, and they're still working out the kinks.) On this route you'll find several wineries, historic sites and parks, such as the Finley National Wildlife Refuge.

Keep southwest on 20 from Corv and stop in the tiny town of P math, where you'll find the Be County Historical Museum. The n um, which was built in 1867, was Philomath College, a United B ren liberal arts and vocational sc On the first floor are exhibits from ly Benton County life. You'll see Hayden's collection of horseshoes and spurs, and a Toledo woodbu range, like the one pioneer an Keturah Penton Belknap us cook her hearty stews. An exhib Camp Adair, a WWII army ca ment located north of Corvallis, i of the most provocative. Step int authentic 1940s public phone b complete with a long-distance chart, and feel a homesick sol loneliness. In order to build Adair, families were uprooted, c teries relocated, and railroad t rerouted, and the small commun Wells was erased.

Upstairs, a contemporary art g features works by Oregon artists, exhibits changing about every weeks. Some of the artwork re Oregon's pioneer roots and Ame Indian mythology. Marys Peak highest point on the Coast Range popular subject and is often depict works ranging from oil paintin



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s. Called Tcha Teemanwi, or it place," it was where the Kala- Indians of the Willamette Valley e "spirit quests." When young Ka- ya males and females came of age, would hike up the mountain, ex- ing and fasting to the point of hal- ation. In this hallucinatory state would wait for their personal dian spirits to come and teach a song or dance, which would be shared with the tribe and held d.

d stone tools used by the Indians be seen at the museum. Many of treasures were found, often with- igging, in the vicinity.

dway through the route, past the of Burnt Woods, is Eddyville. homespun town is famous for the crow Family, who are considered ent celebrities by the locals. A o of five scarecrows, handcrafted wood, dried fern, paint and color- hriftshop clothing, line the gar- fence at the Two Bit Ranch.

e highway ends up in Newport, 37 s from Corvallis, on coastal High- 101. This seaside town has an ar- of fine seafood restaurants, offer- ocal catches of ling cod, halibut salmon, a somewhat revered fish e Northwest. One Indian legend s that salmon were a race of super- natural beings who lived like humans in a great house under the sea and assumed the form of fish during the salmon runs. Once dead, the spirit of each fish returned to the undersea house. If the salmon's bones were returned to the water, he could again resume human form and repeat the trip the following season. But if some bones were thrown away on land, upon resurrection underwater in his human form, the Salmon-person might lack an arm or a leg, and he and his tribe would become angry and refuse to run against the stream. Every July the Coquille tribe in Bandon celebrates the salmon with an old-fashioned salmon bake. The fish is baked in sand pits and is served with homemade Indian fry bread and corn on the cob.

Other activities in Newport include deep-sea fishing charters, clamming and crabbing.

You can wind up your day with a relaxing dinner at Swafford's Champagne Patio Restaurant. Try their filbert fish filets, baked with a hazelnut glaze, or when available, the pesto chicken. Browse through their wine shop, or take an agate-hunting stroll along the beach. Newport boasts one of the finest agate deposits in the world. Each winter, when the storms are hardiest, the ocean tides churn up great beds of gravel.

Lodging is easy to come by in Newport, with several moderately priced hotels and motels available. An especially memorable stay awaits the traveler at the Sylvia Beach Hotel, named after the owner of the famed Shakespeare & Co. bookstore in Paris. This four-story pine-green wooden structure sits on a bluff overlooking the ocean, and each guest room has been furnished and named after a different classic author. For instance, the Edgar Allan Poe room comes complete with a raven, and a pendulum hangs over the bed. The Table of Content restaurant, specializing in seafood, serves breakfast and dinner and is by reservation only. Also, the entire hotel is designated nonsmoking.

It's not just the sights, scents and pleasures that make this niche of the northwest so restful. It's also the people, who are willing to tell you the name of a good restaurant, or what that tree is called, or how they came to choose their livelihood . . . and that you are always welcome back.

For more information on U.S. Highway 20 recreation, contact the Corvallis Convention & Visitors Bureau at 503-757-1544, or the Greater Newport Chamber of Commerce at 800-COAST-44. —KIM ALYSE STEFFGEN

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National Dairy Board

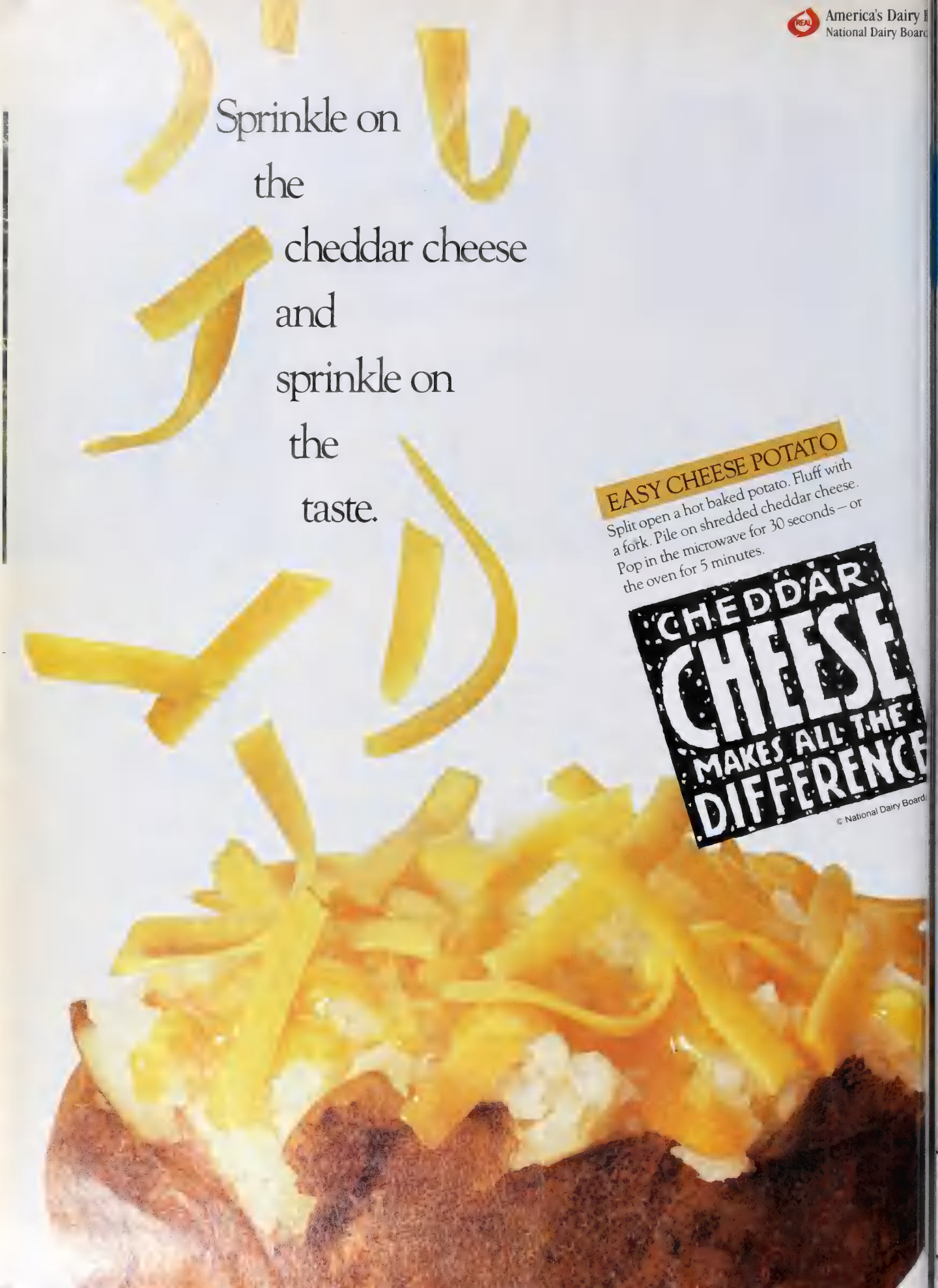
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TRAVEL JOURNAL

VINEYARDS AND HOT SPRINGS IN SOUTHERN CALIFORNIA

One of southern California's most beautiful—and most relaxing—vacation spots is the Temecula Valley area, known for its wine, hot springs and a town, Temecula, that's a proud reminder of the old West. The area is just an hour's drive northeast of San Diego and under two hours from greater Los Angeles. The Temuku Indians called this place "temecula," meaning "the place where the sun shines through the fine mist."

Franciscan missionaries planted some of California's first varietal grapes here in the late eighteenth century. But only in the last couple of years has the general public found out about the spot. All eleven vineyards in this compact area welcome visitors.

Start your tour of the Valley at Callaway Vineyard and Winery. Calloway produces only premium white wines and has the largest vineyard and winery in the valley. It offers a lecture-tour and wine tasting at their vineyard. We tried a 1986 Callaway Lees chardonnay, a 1985 Fumé and a 1986 Chenin Blanc. If you don't know a chardonnay from a Riesling, you'll have the chance to learn in a relaxed environment.

Tasters are welcome at all eleven wineries, but only the John Culbertson Winery has a restaurant, Cafe Champagne, serving lunch and dinner daily. Culbertson produces only sparkling wines, deserving of all the praise they have received. This is one of the newest operations in Temecula and is a strikingly handsome, Mediterranean-style complex. The elegant restaurant commands panoramic views of the rolling, vine-covered hills. Enjoy grilled Colorado lamb chops with rosemary sauce or angel-hair pasta with fresh seafoood, sauteed with capers and shallots and finished with cream and Culbertson Brut. Call 714-699-0099 for more information.

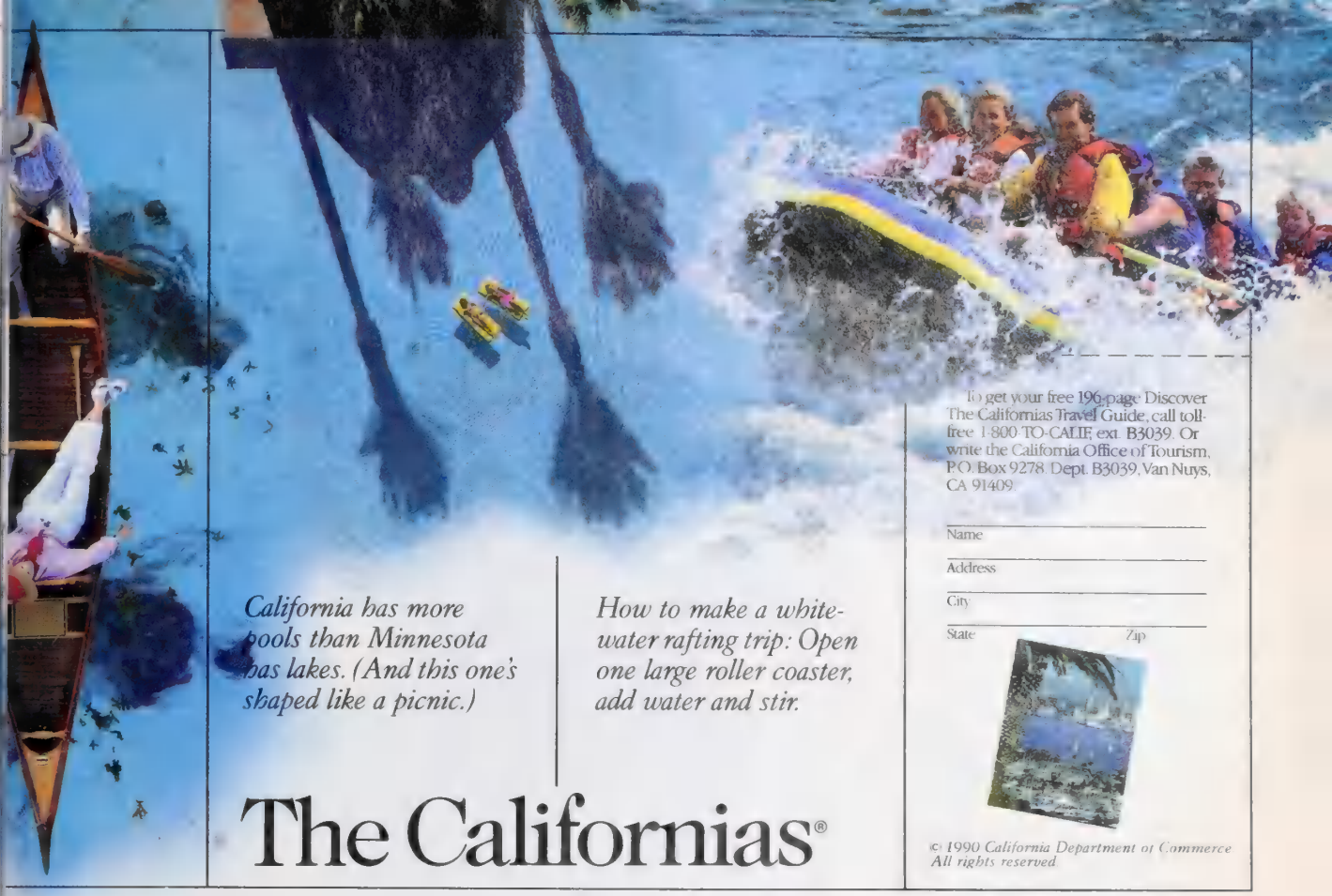
Other wineries in the valley include Mount Palomar, Filshinger and Cilurzo (all have picnic areas), and Hart Winer, a father-and-son operation.

Temecula is not just about wine, however. The town, formerly a stagecoach stop on the Butterfield Overland Stage route, still has the flavor of the Old West. Some buildings have false fronts, and a few wooden sidewalks remain. Shoppers should head for the antiques stores, while Wild West me rabilia buffs will find the Old T Temecula Museum fascinating, its relics of the town's early histor

For relaxing accommodations, at Murrieta Hot Springs, just miles north of Temecula. The Indi were the first to discover the therap tic effects of the area's min waters. Spanish explorers later ca along in 1797, but it wasn't until 19 during the golden age of spas, tha German named Fritz Guenther est lished the Murrieta Hot Springs h The original architecture is forn with fountains throughout the la scaped grounds. Spa lovers have th choice of massages, sea clay treatm European facials and mineral ba The real attraction are the hot m baths, in a separate building w eighteen private rooms and tile mo ics from the twenties. There's also a obics, a Robert Trent Jones, Sr., g course and a top-rated tennis cente

You'll enjoy the peaceful and int mal atmosphere, as well as the rate which are quite reasonable.

Call 800-322-4542 for informat on Murrieta Hot Springs. For more formation on Temecula's wineries, y can contact the South Coast Vintn Association, P.O. Box 1601, Temecu CA 92390. —EVERETT POT



'RAVEL OURNAL

GOING FOR THE GOLD

since the cry "gold" was heard s the country, Americans have ed west to find their fortunes. To- visitors can still pan for gold in win towns of Grass Valley and da City, located in the northern ornia foothills of the Sierra Neva- ountains, one hour northeast of mento. The Victorian architecture relics from the Gold Rush make the perfect location for a family ion or a romantic getaway.

e Empire Mine State Historic on East Empire Street in Grass y, tells the story of gold mining. s Valley is situated on top of 367 of tunnels. The Empire Mine uced a total of nearly six million es of gold. Visitors can look at ment, peer down a long mine and relive the exhausting but able work of the miners.

lgety children will enjoy a picnic oneer Park, on Nimrod Street, or koff Diggins State Park, in North nfield. Malakoff offers campsites rve through Ticketron), cabins, hiking and gold panning.

Those with gold fever can also try their hand at gold panning through private companies that take tourists out on the rivers and teach them the secrets to striking it rich. With a pan (shaped like a wide-rimmed metal pie plate) in hand, you'll learn to dig dirt around the roots of trees and the crevices of rocks in search of that elusive gleam of color. Often panners come home with small flakes of gold.

Rafting along the Yuba, American and Truckee rivers is available for all ages and skill levels. Other great ways to view the scenery are hiking, horseback riding, fishing, skiing, snowmobiling and camping. The cost of camping ranges from $5 to $15. Beautiful bed-and-breakfast inns are also available for $55 to $89 per night.

On Broad and Main streets in Nevada City, you'll find crafts and antiques shops, old-time saloons, restaurants, and museums that bring back the burly days of the Gold Rush. Have dinner at the historic National Hotel on Broad Street. A glance at the square grand piano in the lobby, the kerosene lamps and the bar's ornate fixtures will take you back a century, when the red-light district was just a block or so away. Specialty dishes: Brazilian pork loin with apricot sauce and Cajun chicken salad with hot bacon dressing. Another restaurant, the Posh Nosh, is a homestyle deli by day, serving homemade soup, sandwiches and fresh-baked bread, and a first-rate place for seafood at night. You'll love their Australian lobster tails and their extensive list of California wines.

The larger town of Grass Valley, four miles south on Highway 20, has a quaint old-town feeling. Of special interest is the Lola Montez House, a historic landmark with a small history museum, which offers a glimpse into the lifestyle of this flamboyant 1840s performer.

The Holbrooke Hotel on West Main Street houses a bar that has been in continuous use since 1852. The hotel register bears the signature of Mark Twain and other distinguished guests.

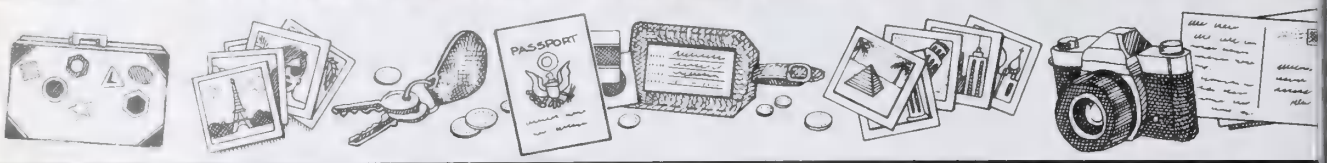
Throughout the year visitors can enjoy Music in the Mountains, a concert series with theater and entertainment, house tours, art shows, parades, horse shows, circuses, fish derbies, a bluegrass festival and bicycle races.

For more information on lodging and activities, contact the Grass Valley and Nevada County Chamber of Commerce, 248 Mill Street, Grass Valley, CA 95945, or call 916-273-4667. (In California call 800-752-6222).

—VICKY LANDREVILLE BANES

Ladies' Home Journal

TRAVEL DIRECTORY

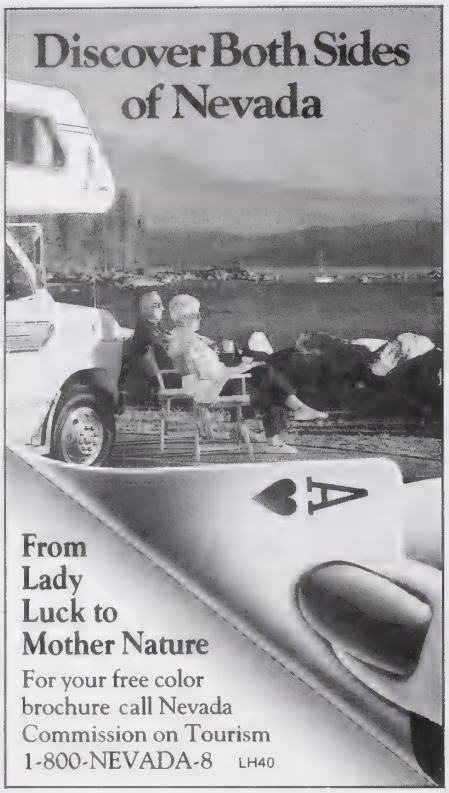


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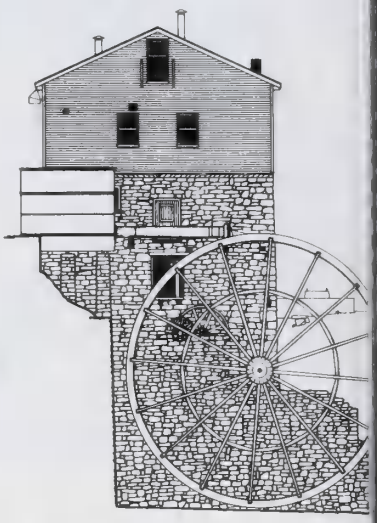
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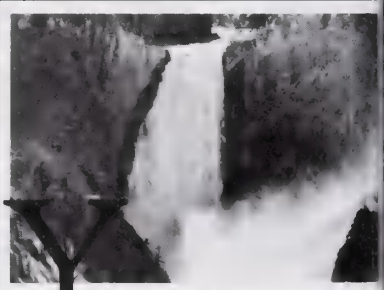
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HE LONG ROAD BACK

ntinued from page 160

ter, the road back for TBI pa- s remains difficult—physically, ionally and financially. Experts he reason TBI can be so debilitat- s the delicacy of the brain itself. hly the consistency of gelatin, critical organ has space to move e the skull. And, when a human smashes against a dashboard or with a blunt instrument (as hap- l to the jogger—she was beaten a metal pipe, brick and fist), the can hurtle against the bony inte- f the skull, damaging one or more e four lobes of the brain, stretch- nd tearing nerve cells apart. lls that die will never be replaced. e injury occurs in areas of the that control r activities, h or vision, cal problems esult. And in plit second it s to injure the ., a person's e personality be shattered. he temporal frontal lobes front portions e brain) are ged, new and -term memo- dgment and ning may be ed. The front of the brain also influences emo- , so the ability to feel joy and love, ample, can also be drastically im- d—or even wiped out.

ny factors influence recovery, in- ng the severity of the injury, the n's age, motivation, family sup- and access to treatment. The jog- vas fortunate in all these areas. injuries, bad as they were, may been ameliorated by the fact that the attack, her head sank into mud; doctors say this may have like a cold compress and prevent- r brain from swelling dangerous- addition, the woman's feisty spir- l youth were in her favor. Youth- rain cells are better able to as- the functions of other brain cells have been destroyed. Moreover, ogger had top rehabilitative care, at Metropolitan Hospital, in Man- n, where doctors treated her ex- l injuries and performed recon- tive surgery on her face. After weeks, she was transferred to ord Hospital, a state-of-the-art re- itation facility in Wallingford, ecticut, where she spent five hs.

Back from the edge

To protect the jogger's privacy and in order to honor to the confidentiality of medical records, doctors decline to discuss the particulars of her case. But in general, the first step in recovery involves awakening from the chilling sleep of coma that frequently results from TBI. Actually a state of unconsciousness marked by the absence of eye movements and response to pain or sound, coma may last for hours—or forever. If consciousness does return, it does so gradually; at any point along the way, the patient may stall.

Some experts at long-term coma facilities believe stimulating comatose patients with light, touch and other stimuli can help rouse them. This theory remains controversial. In the case of short-term coma patients like the jogger, such treatments are generally not used. However, during the two weeks it took her to emerge from her coma, the jogger's relatives read to her, played music and spoke in an effort to orient her to her surroundings. Last June, when she was medically stable, she was moved to Gaylord.



On Gaylord Hospital's "Easy Street," brain-injured patients relearn everyday skills; here, shopping for food in a simulated grocery store

With its inviting inner courtyards and patios, Gaylord resembles a sprawling resort. Patients aren't allowed to lounge, however. Awakened each day at five-thirty A.M., they spend virtually all their time working toward recovery. Since every case is different, treatment regimens vary, but many go through a similar process.

In each room there's a bulletin board the patient can refer to if she grows confused about where she is or what is going on around her. Crucial personal messages are posted, saying something like "Your name is Jane Smith. You are at Gaylord Hospital. Today is April 1, 1990. You had a ski accident. You came here on March 12. You are twenty-one years old." Family snapshots and photographs of staff members are also pinned up to help patients make connections to the people around them.

"I make rounds every day, but my patients don't always remember me," explains Marilee Sipski, M.D., Gaylord's director of physical medicine and the TBI program. "So I ask them, 'What is my job? Can you find my picture on your bulletin board?' "

After getting up, *(continued)*

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THE LONG ROAD BACK
continued

patients who are relatively self-sufficient can breakfast in the hospital's large cafeteria or in the TBI unit's solarium. Less-independent patients remain in their rooms with a nurse, who helps them bathe, dress and eat. Many must relearn such basics as putting on socks before shoes, and underwear before slacks.

Next, those who need more orientation attend a group session run by therapists who remind them again why they're at Gaylord and what day it is. Then it's time for physical, occupational, speech and cognitive therapy. Patients may attend a group session to help sharpen their memory skills. In one typical short-term-memory exercise, a therapist will say, "I'll name five items, then you repeat them." If a patient is having difficulty retrieving long-term memories, he may be drilled on what town he grew up in, where he went to school and other places and events from his past. Patients are also taught to compensate for short-term-memory loss by keeping notebooks and logs. Some wear watches that beep to remind them it's time to move on to the next activity.

Later in the day, it's on to individual cognitive remediation, where patients are helped with thinking, reading and comprehension difficulties. Each patient works on specific programs: One might be struggling to convey the meaning of a magazine article; another might be grappling with a computer program designed to improve concentration.

One thing many TBI patients must relearn is something the rest of us take for granted: how to filter out irrelevant stimuli. In order to remember today's weather report, for example, one must first pay attention to it. To do that, the uninjured brain automatically screens out such distractions as a jackhammer pounding outdoors or the popping of the toaster. TBI patients often cannot do this; damage to the brain can disrupt a person's ability to decide what to heed and what to ignore. As a result, the patient absorbs *everything:* a rustling newspaper, a telephone ringing next door. With his mind constantly flitting from one thing to the next, he quickly loses track of each. Over and over, the patient must be reminded, "*This* is what you're doing. Focus on it."

"I had to work *up* to concentrating for twenty seconds," recalls Leslie Sheahon, twenty-seven, a newlywed from Wichita, Kansas. She was a patient at Gaylord for eight months after a 1984 auto accident left her vis impaired as well as wheelchair-b

To help patients focus, staffers their lessons in a very quiet roon person's ability improves, some noise may be allowed in. Finally, tient may graduate to talking wit therapist in the noisy cafeteria.

Another important rehabilit activity is physical therapy, mu which takes place in Gaylord's On a typical day, one therapist s ens a patient's coordination by t ing him how to hop on one foot mini-trampoline, while other st may take patients outside and them how to maneuver their w chairs over the grassy terrain.

Tough times on Easy St

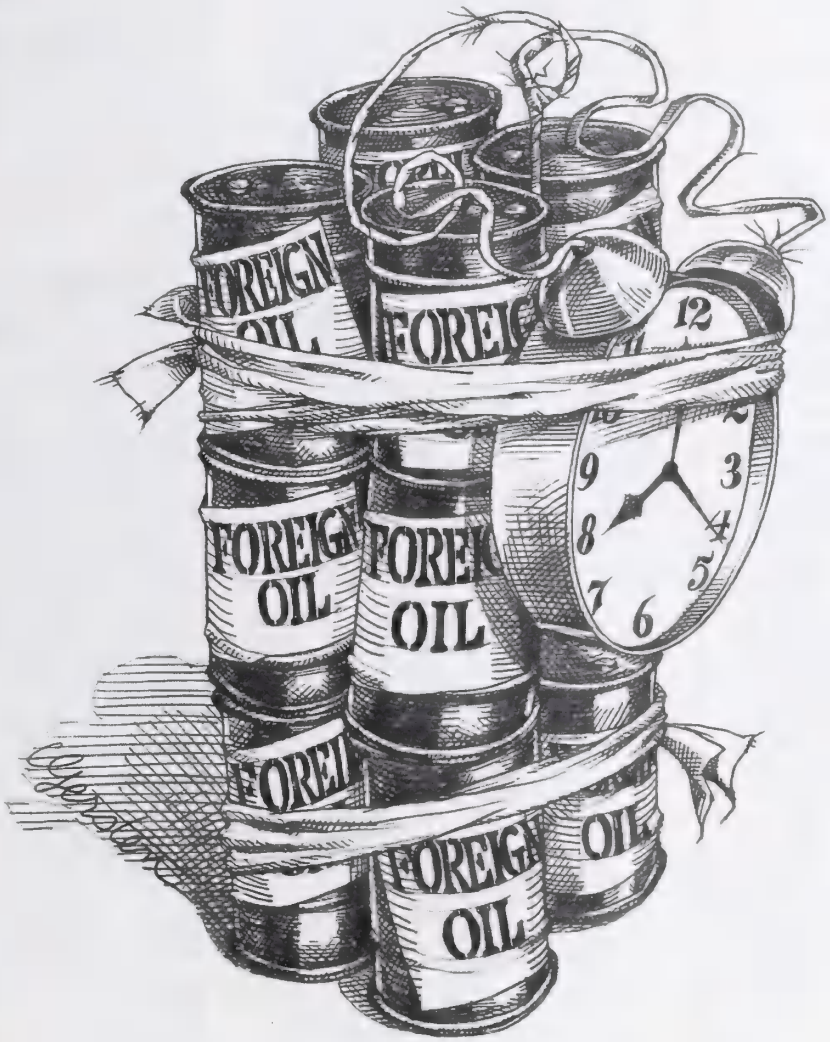
After patients have mastered s self-care, they may tackle more plex activities, such as making gr lists and relearning how to use a lic phone. To help perfect such e day skills, Gaylord—and a numb other hospitals—utilizes "Easy St specially designed areas that dup a downtown environment. Here tients rehearse food shopping in a ulated grocery store complete shopping carts, scales and plastic There's also a public telephone a restaurant booth set for four whe tients figure out what they can for, say, $10 and still leave a tip.

To an outsider, Easy Street ties look like fun. But "there's n veying how hard this all is," says A. Coelho, Ph.D., director of Gay department of communication ders. Consider the pay phone, he gests. Which coin do you in Where? Should you push the nun before or after picking up the rece "To a TBI patient, it can all be a mash," says Coelho.

A time to heal

While no typical timetable exis recovery, experts say that cont repetition of tasks helps propel th tient's viable cells into action. G ally, the most rapid progress is within the first year, although r ery can continue at a slower rat longer, as injured cells gradually up to speed. What's more, every is endowed with an abundance c tapped cells that "we try to recr take on new jobs," says Marilee S

To promote psychological he Gaylord conducts support gr where, under the guidance of a m health professional, patients can about what has happened to them tients may also explore their i most feelings in individual the "People sometimes feel the ne keep up a good *(conti*



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front during rehabilitation for their family's benefit," says Jack K. Plummer, Ph.D., director of psychology at Gaylord. Alone with an understanding therapist, however, patients can cry and rage, or confide how frightened and powerless they feel.

When loved ones become strangers

The patient is not alone in her feelings of fear and helplessness. Family members and friends share the burden of TBI, and unless they, too, get the help and support they need, a time bomb can start ticking in the home. Relationships often reel: Suddenly a sweet-tempered spouse has vanished, to be replaced by an irritable stranger. When the TBI victim is a parent, the spouse may feel that he has yet another child to worry about. And while every family member struggles to adjust, cherished dreams for the future—a new house, a long-awaited family vacation—may disappear.

If the TBI victim can no longer work and there are no appropriate social or vocational programs in the area, he or she may be left to sit at home with nothing to do. Old friends—unsure how to relate to the patient—may eventually drop away. As time goes on, the patient and his or her family grow increasingly isolated.

Finding a lifeline

But it doesn't have to be that way. There are a growing number of TBI family support groups for patients and their loved ones all over the country. In Manhattan, for instance, the Metropolitan Head Injury Association/Heads Up, Inc., holds meetings regularly at the Rusk Institute for Rehabilitative Medicine.

One recent evening, Mike, a forty-two-year-old lawyer, showed up at the group late and alone. His wife, Karen, also forty-two, has a seizure condition that resulted from a head injury she suffered in a 1977 taxi accident. "Where's Karen?" asked another member. "She had a seizure," Mike replied. Then he added quietly, "I almost didn't come tonight. I didn't really want to face my problems—and everybody else's."

Still, Mike *did* come because he has learned that sharing can ease the pain. "This is a place where I can be angry about the awful randomness of head injury. Karen didn't do anything to bring it on—it just happened. I can also admit that I resent seeing friends getting on with their lives. People here understand," he says. *(continued)*

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THE LONG ROAD BACK
continued

Who am I now?

Before life can really improve for the TBI victim, she must come to terms with impairments that may be permanent—and such reconciliation can take months, even years. Like anyone else, the patient wants to be independent, and it can be excruciating to accept the need for varying degrees of help and coaching.

When patients cannot return to their former level of functioning, professional care and a family's love can pay important dividends. Seven agonizing years after a biking accident turned her twenty-seven-year-old son, Larry, into a remote stranger, Jean, a fifty-one-year-old homemaker in the Southwest, is finally seeing sparks of feeling in his eyes. "We tried rehabilitation programs all over the country," she says, "but only in the past nine months have we seen a difference." Larry has been attending the outpatient head-trauma program at Rusk Institute. "And now," she continues, her eyes filling with tears, "he kisses me good night and says, 'I love you.' "

Families of TBI victims must contend with financial burdens as well as emotional ones. Even with health insurance, Jean and her husband have had to pay more than $100,000 out of pocket for Larry's care. Not that Jean resents the monetary sacrifice; she and her husband are thrilled by their son's progress. His doctors hope that Larry, a gifted amateur artist and photographer before his accident, may one day participate in those activities again.

In the running again

As for the jogger, no one can predict just how well she will do or what long-term problems she will face in years to come. It is clear, however, that she is back in the running—in more ways than one. In addition to returning to work part-time at her old firm, Salomon Brothers, in New York, she has requested an application to run in the New York City Marathon next November. No matter how well she does there, in coming so far back from TBI, she has already run the race of her life. ■

Ellie Grossman is a Manhattan-based free-lance writer.

Some names and identifying details have been changed to protect privacy.

For more information on TBI, rehabilitation facilities and support groups, call the National Head Injury Foundation, nine A.M. to five P.M., Monday to Friday, at 800-444-6445.

The Maybelline/Ladies' Home Journal Lifetime Makeover Official Rules

As seen on page 124 (no purchase necessary)

1. All entrants must send the signed five-hundred-word essay, two photos (close-up head shot and full-length shot) and the completed entry form (or your name, address, daytime telephone number, date of birth, education level, marital status, number of children and reference or references on a piece of paper) to The Maybelline/Ladies' Home Journal Lifetime Makeover, P.O. Box 1749, Bristol, CT 06010-1749. No purchase necessary.

2. The contest is open to any woman who is 21 years of age or older and a resident of the United States, except employees and their families of Meredith Corporation and of Maybelline and their agencies, affiliates and subsidiaries.

3. One entry per person. Entries must be received by June 1, 1990. *Ladies' Home Journal* and Maybelline are not responsible for late, lost, incomplete or misdirected mail. Winners will be notified by mail. The prize awarded in any prize notification letter returned as undeliverable or not responded to promptly shall be awarded to an alternate winner.

4. All entries and materials submitted become the property of *LHJ* and Maybelline and will not be returned or acknowledged. All rights, including copyrights and publication rights to essays, will belong to *LHJ*. *LHJ* also has the right to run a feature article on the winners. As a condition of receiving a prize, winners must sign a statement confirming the rights of *LHJ* to the essay, an eligibility affidavit and a release consenting to the use of their names and photographs. *LHJ* reserves the right to edit, abridge and condense essays.

5. Essays will be judged on content, clarity of expression, originality, interest to our readers and appeal. Judging will be conducted by editors of *LHJ* and Pepper Schwartz, Ph.D., professor of sociology at the University of Washington in Seattle. The decisions of the judges will be final. No correspondence or other communications will be entered into about the contest or the judging. Finalists may be contacted for additional information.

6. Maybelline shall award the First Prize of $25,000, the Second Prize of $10,000 and the Third Prize of $5,000. In addition, *LHJ* will provide round-trip transportation for all winners to New York, hotel accommodations and meals for a photography session. Winners will be announced and featured in the November 1990 issue of *LHJ* as well as promotional and publicity announcements.

7. All federal, state and local laws and regulations apply. Void where prohibited. Applicable taxes are the sole responsibility of the winners.

8. Winners must consent to the use of their names, photographs and essays and be available for interviews for editorial, public relations, promotional and advertising purposes by *LHJ* and Maybelline.

9. Prizes are not exchangeable or transferable. No substitutes of prizes except at the discretion of *LHJ*.

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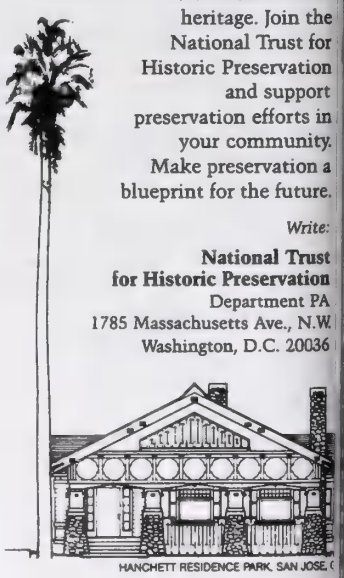
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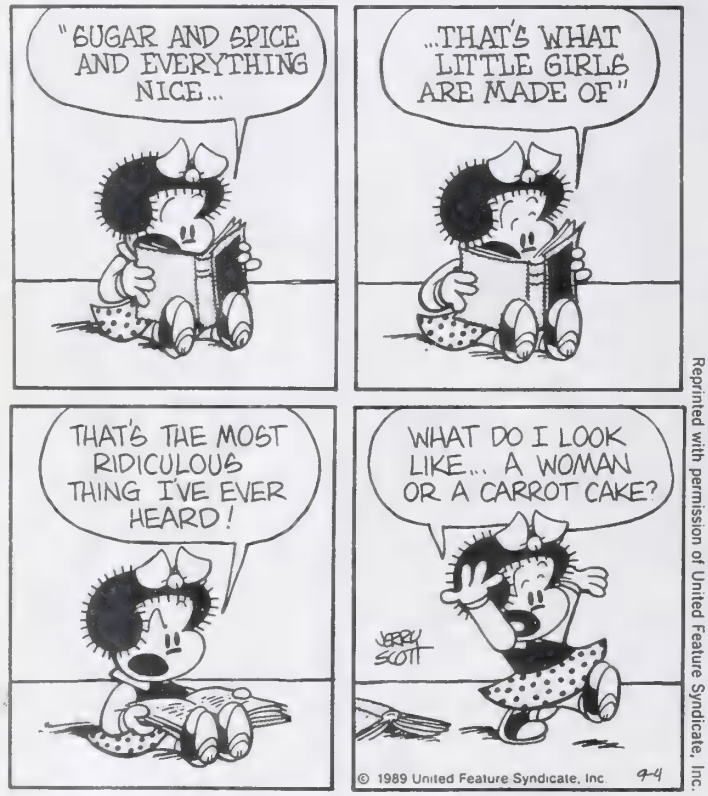
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NANCY® by Jerry Scott

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When my three-year-old son was shown a portrait of his five older brothers, taken when they were much younger, he pointed and said, "Those guys are wearing *my* clothes!" —Victoria Ryan, Hamilton, OH

My six-year-old daughter wanted to help when I stopped at our local bank's automated teller machine, so I let her push the proper buttons. When the money came out in the tray, she squealed excitedly, "Look, Mommy—we won!" —Kim Scissons, Marstons Mills, MA

When the teacher asked my young grandson where the English Channel is located, he promptly informed her, "We don't have that channel on our TV set." —Rose Sands, Coral Springs, FL

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IN THE NEWS



OPRAH TOP OF THE WO
PAGE 157



ROAD TO RECOVERY
PAGE 160

20 • **A woman today: "A home for Patty"** When we told the story of this sad little girl three years ago, we hoped she'd find a home. Here's her happy ending. *By Diane Stacy, as told to Cheryl Coggins Frink*

75 • **Happy never after? Two tales of Cinderellas in jeopardy**

76 • **Ivana's heartache** Even Donald Trump's billions couldn't guarantee a happy marriage. The inside story of New York's hottest matrimonial meltdown. *By Glenn Plaskin*

80 • **Leona's lament** Exclusive: Convicted felon and hotel queen Leona Helmsley tells of her fierce fight to stay out of jail for tax evasion. *By Cindy Adams*

98 • **"Mom, please get me out!"** Thousands of youngsters are being committed to psychiatric hospitals each year—many of them for normal teenage problems. Why? A disturbing report. *By Katherine Barrett and Richard Greene*

160 • **The little boy from Tacoma** At seven he suffered the most brutal sexual assault imaginable. A moving story of a child's extraordinary courage. *By Andrea Gross*

162 • **The case of the deadly dinner party** The unsuspecting host and his six guests never thought this friendly get-together could be their last meal. A medical mystery. *By Jonathan A. Edlow, M.D.*

PERSONALITIES

COVER STORY 157 • **Oprah's wonder year** She took America by storm, but only in the last year has she really come of age. In an *LHJ* exclusive, Oprah talks frankly about her weight loss, her lovelife and more. *By Eric Sherman*

56 • **What's hot on TV**

62 • **Lee Remick's quiet fight** Not many people knew how hard the actress was battling cancer. Her high-tech treatments have been a harrowing ordeal, but she is determined to recover. *By Michael J. Bandler*

69 • **We remember Mama** The sons of Liz and Lucy look back.

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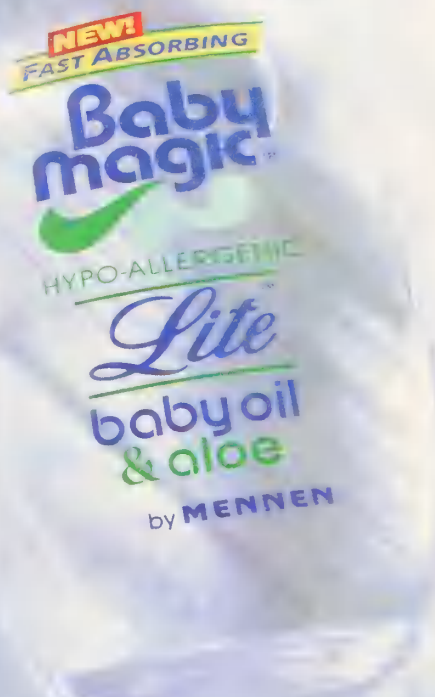
132 • **The American mother: a landmark survey for the 1990s** For Mother's Day, we polled moms across the country about their job—and they said some startling things. *By Margery D. Rosen*

138 • **Parents' journal** *By Mary Mohler and Margery D. Rosen*

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NATURAL WOMAN
PAGE 178



BODY AND MIND

94 • **Medinews** Standing and pregnancy; unblocking fallopian tubes; and more. *By Sally Squires*

108 • **What you don't know about your period** Experts' answers to your intimate questions. *By Fran Snyder*

116 • **Men: solving the puzzle** Why do they do those things that drive you crazy? Secrets from the number-one best-seller. *By Barbara De Angelis, Ph.D.*

126 • **Personal journal** Conquering the Sunday-night blues; how to show a friend that you care; and more.

FICTION

148 • **Home** A husband and wife rediscover their love as their daughter feels her first rejection. A heartwarming story from the Soviet Union about people who are just like you. *By Nadezhda Kozhevnikova*

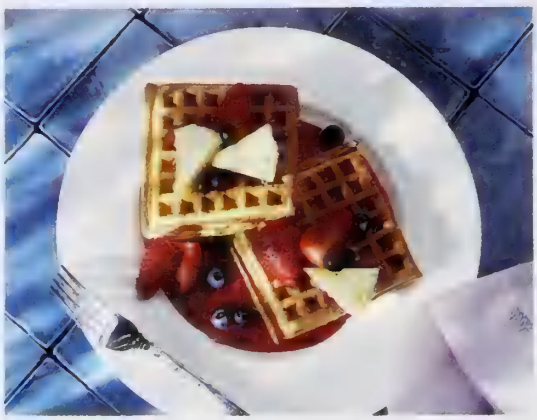
BEAUTY AND FASHION

29 • **Beauty and fashion journal**

37 • **Countdown to summer** Spring into summer looking and feeling great with our six-week, head-to-toe health and beauty guide.

178 • **The new naturals** What's *the* way to make a style statement today? With back-to-basics makeup and clothes. We'll show you the formula for looking good. *By Lois Joy Johnson*

GOOD-FOR-YOU GOODIES
PAGE 206



HOME

86 • **Spring bouquets** Step-by-step how-tos from top floral designers. *By Carolyn Noyes*

168 • **Room for improvement** Follow one family through the excitement and anguish of a dream-come-true kitchen renovation.

FOOD

189 • **Food journal** What's cooking in May.

190 • **Sweet surprises** The perfect ending to a perfect meal, and it all starts with a simple cake mix.

196 • **World-class chicken** Tired of the same old chicken recipes? Try these great tastes from around the globe. *By Jan T. Hazard*

206 • **Lighten up! The new spa cuisine** Healthful doesn't have to mean boring. Chefs from top spas share their secrets for delicious, low-cal fare.

213 • **Food editors' favorites** When you spend all day in the *LHJ* test kitchens, what do you go home and cook for the family? Our clever editors share their recipes for quick, great-tasting dinners.

218 • **Inside the Journal kitchen/Recipe index**



A MASTERFUL MAKEOVER
PAGE 168

REGULAR FEATURES

8 • **Editor's journal**

12 • **Can this marriage be saved?** "There's something missing from our marriage" *By Margery D. Rosen*

124 • **Pet news** *By Nina Keilin*

238 • **Last laughs**

236 • **LHJ travel planner**

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EDITOR'S JOURNAL



By Myrna Blyth

MEET OUR CONTRIBUTORS



IT'S NOT ONLY THE EDITORS who make *Ladies' Home Journal* the special magazine that it is. It's also our contributors—the writers, photographers and artists whose work appears in our pages. They are not on the staff, but they are very much a part, a very important part, of *LHJ*. I thought you'd like to know a little more about some of the interesting women and men whose impressive work you find in our magazine this month. For example, *New York Post* columnist Cindy Adams provided us with an insightful interview with Leona Helmsley. Cindy, who knows just about everybody, also appears on TV's *A Current Affair*. *Daily News* columnist Glenn Plaskin filled us in on the latest about Ivana and The Donald. Glenn has written often about the Trumps—and countless other celebrities. Our cover story on Oprah Winfrey was written by Eric Sherman, a former full-time *Journal* staffer. Last month Eric wrote about Jamie Lee Curtis for the magazine. Jim Calio, the West Coast bureau chief for *Life*, profiled Gerald McRaney. Jim also produced *The Taking of Flight 847: The Uli Derickson Story*. And our piece on Lee Remick in this issue was written by Washington, D.C.–based writer Michael J. Bandler, who often writes about celebs for our magazine. I think we have a lot of exciting personality features in this issue, but I found the story about Lee's battle against cancer absolutely extraordinary. I think you'll agree.

Other contributors of note: Top food photographer Mark Thomas makes all our food look absolutely delectable this month. And Nesti Mendoza took the smashing beauty and fashion photographs on page 178. Don't they make you want to rush out and buy some new makeup and something soft and pretty to wear? We're lucky that Nesti's work often appears in the *Journal*. Dr. Jonathan Edlow, a practicing physician based in Newton, Massachusetts, wrote our medical mystery story, "The case of the deadly dinner party." I loved it, and I guarantee you'll be seeing more medical mysteries in our pages. Finally (in our own personal salute to *glasnost*), meet our most far-flung contributor, Nadezhda Kozhevnikova. She's forty-one, lives in Moscow and has been writing stories about Russian families for over a decade. I found her story, "Home" (page 148), very understandable and very touching.



Happy Mother's Day to you and your mom. And to my mom, too!

READER CALL-IN DAY This month it's Wednesday, May 2, from one to four P.M. Eastern time. Remember, the call's on you. At the phones: Health Editor Nelly Edmondson Gupta and a psychologist, 212-351-3680; Food Editor Jan Hazard, 212-351-3681; Associate Beauty and Fashion Editor Susan Parkes, 212-351-3682; Associate Decorating Editor Karen Reisler, 212-351-3683; Assistant Managing Editor Carolyn Noyes to answer general questions, 212-351-3684. Call and tell us what you're thinking.

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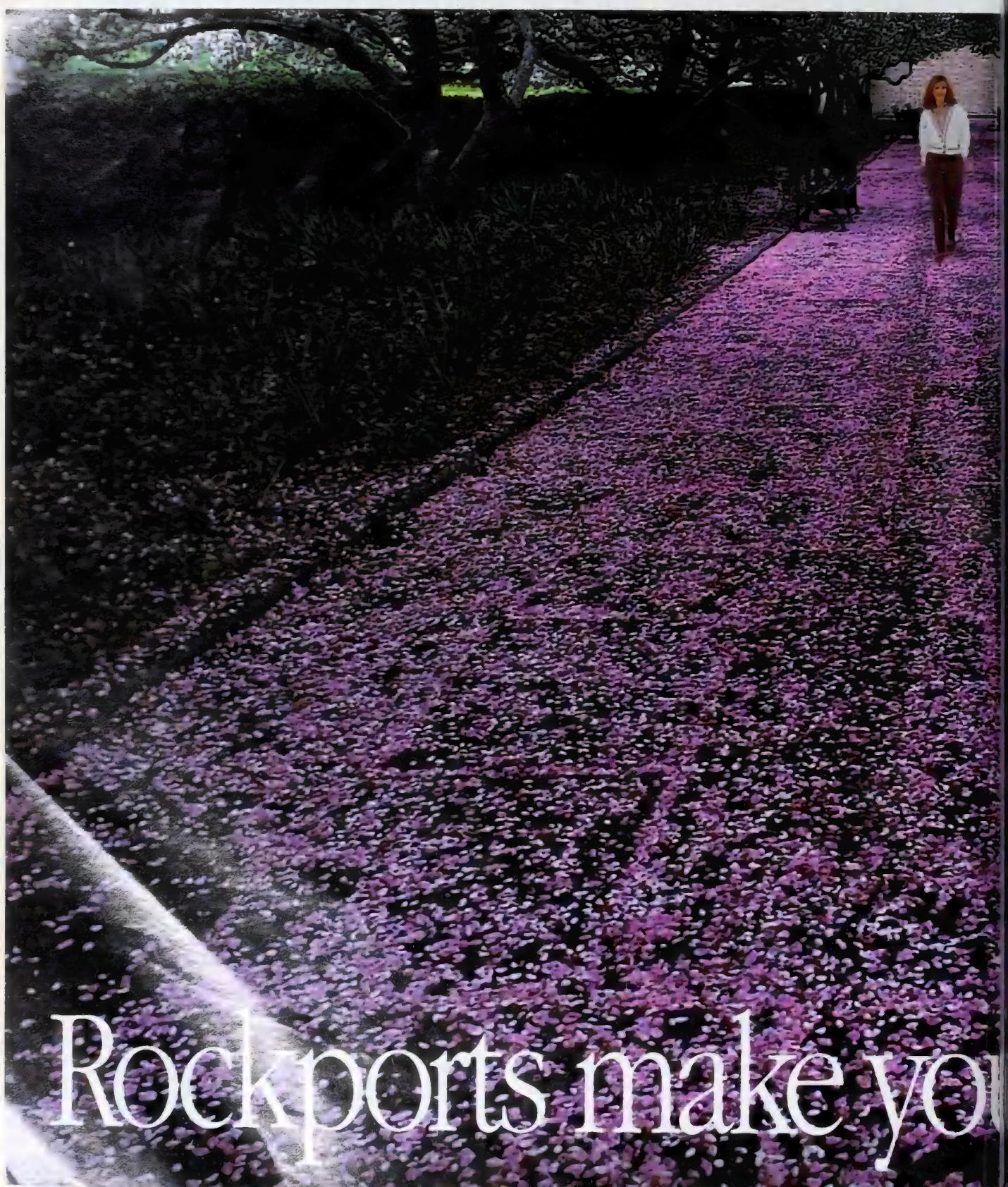
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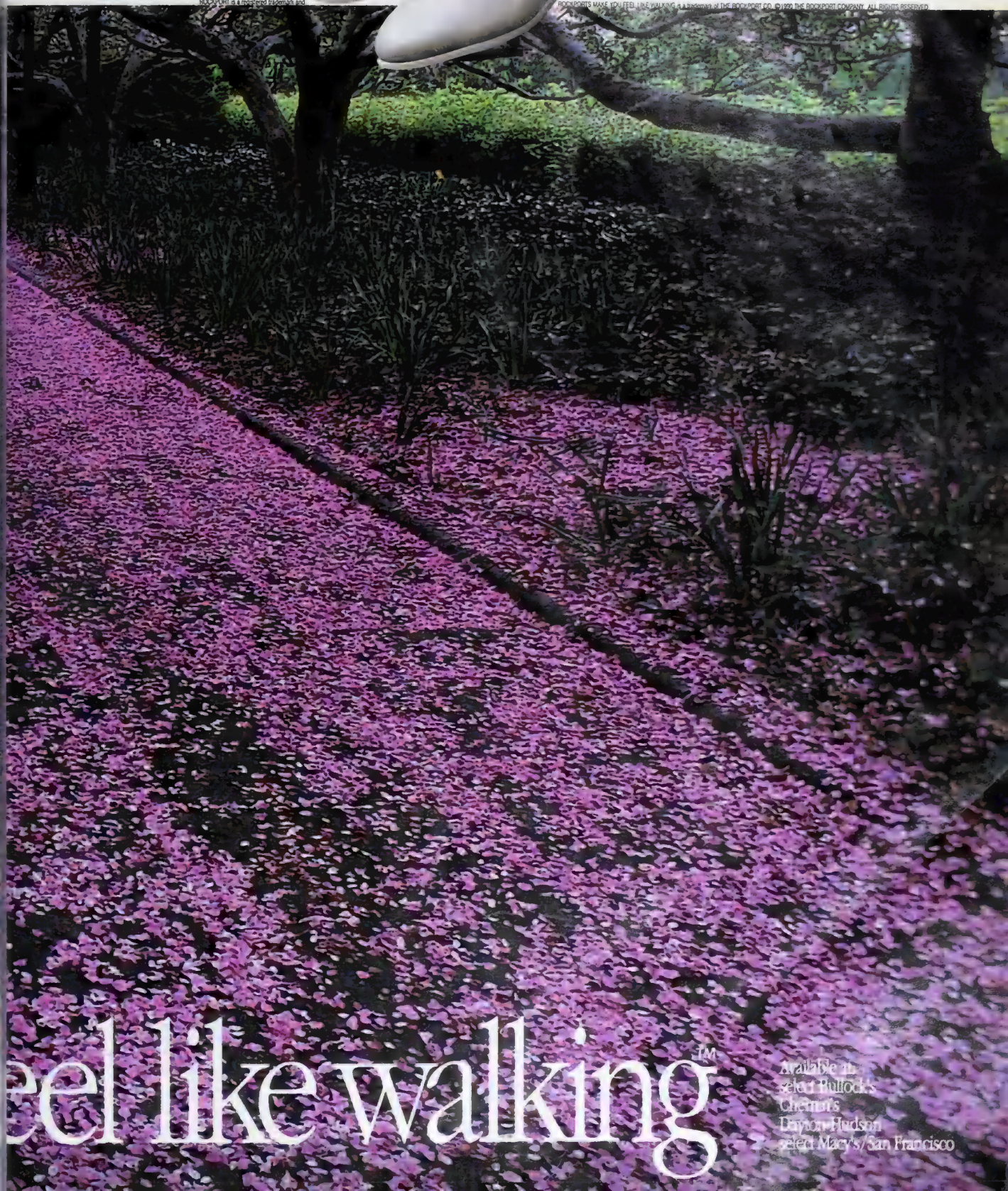
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CAN THIS MARRIAGE BE SAVED?



Jennifer and Doug couldn't understand why the romance had faded. Were they moving too fast to see what was wrong? By Margery Rosen

"THERE'S SOMETHING MISSING IN OUR MARRIAGE"

JENNIFER'S TURN "This is not easy for me. Psychology, therapy, all this mind stuff is Doug's thing," said Jennifer, forty, whose dark hair was swept back with a velvet band.

"I really don't know what's wrong with us. We love each other, but we've barely been married three months and clearly something's missing. If this is what married life is like, then maybe I was right to have stayed single all those years.

"I didn't get married until I was thirty-nine. Doug is four years younger, but at our age the difference is insignificant. We'd been around, if you know what I mean.

"I met Doug at a crazy time in my life. I had just started working at an ad agency owned by a woman I had known professionally for years. Suddenly, she decided to retire, and she wanted me to buy her out. I was flattered and flabbergasted, but I went for it. I was working round the clock but loving it.

"Anyway, the holidays were coming and we were planning a big office party. Doug came by the office with a friend of mine. I liked him immediately, so I invited him to the party. We ended up spending the evening together, and a week later he called to ask me out. But our schedules were so insane, we couldn't meet for over a month!

"Once we got together, though, we had a wildly romantic, whirlwind courtship. I think we both knew right away this was IT. We had a small wedding in a church. My father-in-law was able to attend, which was terrific; Doug's parents divorced when he was very young, and he hadn't seen his dad in years. Amazingly, we could both grab a week away from the office, so we flew to Florida for a honeymoon.

"But since then, nothing's right. We're newlyweds, but we rarely make love. When we do, it's great, but marriage shouldn't be like this.

"I just don't feel Doug is there for me. He's distant. I try to kiss him good-bye at the bus stop in the morning, and he pushes *(continued)*

Introduced thirty-seven years ago, CAN THIS MARRIAGE BE SAVED? is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews and information from the files of Evelyn Moschetta, D.S.W., and Paul Moschetta, D.S.W., a husband-and-wife counseling team based in New York City and Bay Shore, New York. The story told here is true, though names and other details have been changed. CAN THIS MARRIAGE BE SAVED? is a registered trademark of Meredith Corporation.

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CAN THIS MARRIAGE BE SAVED?

(continued) me away.

"But if I try to talk about this—or about how worried I am that I won't be able to handle the pressure at work—Doug cuts me off. He actually corrects my grammar! Or he jumps in with his solution, when all I want to do is talk.

"Doug edits my life in so many ways. He chooses our friends—the few times we go out together socially, it's with his friends. And he lectures me on nutrition—I can't even leave for work without hearing about how I don't eat properly. In the morning all I want is a cup of coffee, black. But Doug is a fitness fanatic, and he makes this awful fruit shake that makes me gag.

"And he nitpicks. He complains that I'm a slob because I leave my coffee cup in the sink . . . or that I'm irresponsible because I once forgot to pay a bill.

"But you know what makes me the most insane? The fact that I often have to drag him out of bed in the morning. Look, if he doesn't want to be in banking, that's okay. But let's make some decisions instead of coming home and sulking. If he's upset about work, why doesn't he talk to me? I'm the problem-solver.

"I learned a long time ago that if you want anything in this life, you have to go out and get it. My family was dirt-poor—Dad struggled to scratch out a meager living, but he could never make ends meet. I know Mother had a hard life: Dad would go off drinking for days with his friends, and she never knew when he would come back. Dad died a few years ago; I still see Mother as often as I can. But I swore I'd never let myself be so dependent.

"I've always marched to the beat of my own drummer. At school, I didn't have any friends. And even at work—I never went to college because I didn't have the money—people talked behind my back. They made fun of my clothes, called me a kook. I didn't care.

"Still, I kept looking for the right man, though I could never find him. For ten years I dated a married man, but he was never going to leave his wife, so I finally ended that. After that, I lived with a poet five years younger than me, but he was going nowhere, so that fell apart, too.

"Then came Doug. He was bright and sensitive. How could something so right go so wrong so quickly?"

"Doug edits my life in so many ways," Jennifer said. "He chooses all our friends, lectures me on nutrition, complains that I'm a slob and irresponsible because I forgot to pay a bill."

DOUG'S TURN "Jennifer is right. Our marriage is boring, and I can't figure out why either," said Doug, thirty-six, as he dropped his gym bag on the floor.

"I fell for Jennifer immediately. She's sharp and tough and very honest. I was intrigued. Actually, Jennifer reminds me very much of my mother. My parents were divorced when I was four, and I never saw much of my father, a businessman, until recently. As a kid, I missed him very much. He moved far away, and, though he kept promising to take me on a camping trip, it was always 'next summer, son, next summer.'

"At the time, my mother was a scientist with the National Institutes of Health in Washington, and she had to do a lot of traveling in Europe for her work. When I was six, she took me with her but then left me with relatives in France whom I didn't know and who barely spoke English. Some of my most vivid memories are of being terrified that she'd never return.

"When we came back to the States two years later, we moved to a small town in Florida near a university, where Mother continued her work. It was sad and lonely for me, coming home to an empty house and all. I knew Mother loved me, but she was cool and distant. I don't remember her doing a lot of hugging and kissing. I guess I always felt I had to be the good kid, do well in school—otherwise, she might leave me again.

"Though I was considered a high school big shot—I did well academically and athletically—I felt like an outsider. When I was accepted to an Ivy League college, I thought someone must have made a mistake.

"I went to business school after college because I couldn't think of anything else to do. I ended up loving finance and was hired by a major Wall Street firm.

"Those first few years were crazy—working hard, partying late. I dated a lot of women but no one special. Until I met Jennifer, I had given up hope of ever finding the right woman. But I sensed immediately that we were soul mates. You know, I've always been involved in psychology and different therapies. I've tried EST, Actualization and a few others; thinking and talking about feelings comes naturally to me.

"But this is not the case with Jennifer. I ask her how she feels about something—be it what she wants to do on a weekend or how she sees her life five years from now—and her classic response is 'I don't know.' So it astounds me to hear her complain that I'm not there for her emotionally, or that I don't want to talk with her. Frankly, I've always felt she's never there for *me*. For instance: I'm not happy at my job. In fact, I'm miserable. I like the work, but the people have such killer mentalities. If I try to broach the subject, Jennifer just pouts. Why should I pursue things further?

"Our lives seem more exciting apart than together. Take sex. I've never said this before, because I didn't want to hurt Jennifer, but sex with her has never been terrific. I thought that it would get better, but it hasn't. There's no passion.

"And as long as she's talking about *my* nit-picking, let's set the record straight. Jennifer doesn't just give me a peck on the cheek at the bus stop—she throws her arms around me, and I'm sorry, that embarrasses me. My family never acted like that.

"I'm sorry, too, that I offend her by making her eat nutritious food. I love her, so I want her to take care of herself, that's all. If it's such a big thing, forget it.

"But what truly offends me is her inability to pay our bills on time. I'm humiliated when I get a call about a bill I thought was paid ages ago. And no, it's not just one bill, it's all the time. Jennifer said she'd take care of this, so she should do it. She could also clean up after herself. I'm not her maid.

"Okay, I got that off my chest. I don't *(continued)*

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(LHJ)

CAN THIS MARRIAGE BE SAVED?

(continued) know what else to do at this point."

THE COUNSELORS' TURN

"In a way, Jennifer and Doug's marriage is a modern love story," said the counselors. "Here were two bright, ambitious people who had to spend ten minutes consulting their appointment books to find a time they could come in together for counseling. They were too caught up in the romantic notion of their whirlwind love affair to see that getting married so quickly also meant that they had too little time to get to know each other.

"We were immediately struck by other similarities: Though they each yearned for a closer, more loving relationship, both Jennifer and Doug were so lacking in self-esteem and riddled with self-doubt that they were afraid to reveal their true selves to their partner for fear of being rejected. Baffled by their unhappiness, they were unable to see that what was missing in their relationship was any real intimacy.

"Fortunately, Jennifer and Doug recognized early that something was wrong. The first step was obvious: They had to make their marriage a priority. Simply articulating this goal was crucial. As Doug said at one session: 'It means I don't have to be terrified that one day I'll find a Dear John note on my pillow.'

"With the fear of abandonment allayed, they could take specific steps to refocus their relationship. That meant everything from being home together in the evenings to scheduling shared activities. Doug convinced Jennifer to join his health club. He bought her a bicycle, and they've been going on long rides in the country. As they spent more time together, they realized how much they really like each other.

"Making their marriage a priority also meant thinking about each other during the day. This wasn't easy for either of them since they were both so self-absorbed, but after a while they got into the habit of calling each other at work simply to say hello.

"Most important, they had to really talk together. In the past, they were both such poor communicators that they often misread each other's signals. We suggested that each evening after dinner, they sit down with a cup of coffee and talk about the day, listening carefully to each other. They were to monitor their own reactions so they could learn to sense when they were being judgmental or hurtful. This was particularly helpful for Doug, who would defensively correct and criticize Jennifer as a way of avoiding a discussion.

"Our lives seem more exciting apart than together. Take sex," said Doug. "I thought that it would get better, but it hasn't. There's no passion."

"Doug was the quintessential New Age enlightenment seeker who understood intellectually the importance of intimacy but was unable to put his theories into practice. Sensitive and quiet, he had been raised by a brilliant, demanding woman who divorced the father he adored, then took him away from home. Doug was still so traumatized by this experience that tears welled up in his eyes as he spoke.

"It's not surprising, then, that he erected a protective wall around his emotions and that he developed a tremendous need to please. This was one reason he became so upset when Jennifer failed to pay the bills. He couldn't bear it if someone thought ill of him.

"Before he married, Doug considered himself a sexual athlete, yet he could never let a woman get too close. And so, even with a loving wife, he became the partner who had the headache, so to speak.

"Though she prided herself on 'marching to her own drummer,' Jennifer, too, had built a wall around her emotions. She became the perpetual outsider.

"Initially, Jennifer minimized the importance of her father's drinking, which is not uncommon among children of alcoholics, who tend to repress their rage because acknowledging it is unbearable. We told her that to understand herself as well as help her marriage, she had to deal with her father's alcoholism.

"We explained that children of alcoholics often have both a deep-seated need to be in control and a fear of intimacy. After all, how can you let someone get close when you never know if you can trust him? Thus, Jennifer found it difficult to form intimate bonds with friends and colleagues as well as with men, unconsciously choosing those who were unavailable. Each time a relationship failed, Jennifer convinced herself it was because she was unworthy.

"We also told Doug he had to rethink his definition of good sex and understand that there would be times when sex was not as terrific as he would hope. We pointed out that they could connect sexually in other ways: by kissing and cuddling, even by giving each other a pat on the behind while in the kitchen.

"Several months into counseling, Doug had a crisis at work that proved to be a real test of what they were learning in therapy and a turning point for them as a couple. Though Doug was certainly smart enough to have landed a job at a prestigious firm, psychologically he was ill-suited to such an aggressive environment. When Doug was told he would never make partner, he had to do some hard rethinking about his career.

"Jennifer was right there for him, talking and coaxing out the fears. They agreed he should call an old friend from grad school who had once suggested they set up their own firm specializing in personal financial planning. 'So we did,' Doug reported at one of our last sessions. 'It's really a small-town practice in the big city. I love to help people with their problems.'

"As his business took off, Doug's self-confidence blossomed, and he felt less critical of Jennifer. Once she sensed this, she became more receptive to working out the nitty-gritty problems. For instance, she promised to be more diligent about keeping the apartment neat and paying the bills on time. And as long as Doug was more loving toward her in general, she minded less his dislike of kissing in public.

"Jennifer and Doug were in counseling for two years. During our last session, Jennifer described the small vacation house they had bought in the country. 'We're setting down roots,' she said. 'It's hard to believe this is finally happening for both of us.' " ■

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A HOME FOR PATTY

When my husband and I read Patty Carnes's story in the *Journal*, we knew that she belonged with our family. Now, after nearly three years, she finally has a place to call home.

By Diane Stacy, as told to Cheryl Coggins Frink

In our December 1987 issue, we told you about Patty Carnes, a four-year-old girl who had been paralyzed since infancy and who had spent most of her life in a Texas hospital. Her mother was unable to care for her, and because of Patty's extensive medical problems, no one had come forward to adopt her—until Diane Stacy, a nursing student, read our article. Here, her story, by the reporter who first told of Patty's plight.

I was sitting in the waiting room at Riley Children's Hospital, in Indianapolis, one December day three years ago, waiting for my son Erik to come out of surgery, when I picked up the latest issue of *Ladies' Home Journal*. Inside was an article about a pretty little blond girl named Patty, whose only home was Brackenridge Hospital, in Austin, Texas, and whose only family was the medical staff caring for her there.

Her nurses loved her, and they were able to meet her numerous physical needs as well as some of her emotional ones. But she had never known the joys of attending school, going to the zoo, shopping for new dresses, or simply playing and laughing with other children outside the hospital. What that little girl wanted most of all for Christmas was a mommy and daddy. The article called her "The million-dollar baby nobody wants," but I wanted Patty—very much.

Parenting needy children is nothing new to me and my husband, Ken, a high school teacher. We have five other children, two of whom are disabled. From the day we were married eleven years ago, we knew we wanted both natural and adopted children, but at the time we didn't know exactly where our love of kids would lead us.

When Erik was born in 1982, we found out. Erik has spina bifida (an opening in the spinal column) and hydrocephalus (fluid within the brain cavity). He has had nearly fifty operations since birth. In learning to look after Erik, who is severely retarded and has limited use of his legs, we realized that caring for disabled children was what we were meant to do.

Our second son, Jordan, born in 1984, seemed healthy at birth, but we almost lost him to a life-threatening breathing problem when he was three months old. Jordan outgrew the condition that was apparently causing his problem, but the experience made us more determined than ever to do as much as we could for children who needed us.

In August 1985, we adopted two sisters—Jessica, now six, and Whitney, five—who were physically healthy but who came from a dysfunctional family and had emotional and developmental delays as a result. By that time, we had perfected a routine for taking care of Erik, and we began thinking about adopting a disabled child.

The opportunity came two years later, when *(continued on page 24)*


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A WOMAN TODAY

continued from page 20

Erik underwent surgery after a device that drains fluid from his brain began to malfunction. It was then that I read about Patty.

She had been born healthy, but when she was six months old she developed a rare spinal disease that left her a quadriplegic. She is also developmentally and emotionally behind other kids her age, possibly due to the lack of a family or to her prolonged institutionalization. Her mother, herself disabled by deafness and a malformed leg, relinquished legal custody to the state of Texas, and her father, who divorced his wife before Patty was born, has not seen his daughter since her hospitalization.

Placing her with an adoptive or foster family was difficult because of her medical expenses—although a local health department's medical-assistance program paid a portion of the charges, Brackenridge Hospital still spent about $600,000 a year for her care. Patty's need for constant medical attention was also a problem. She can't breathe without a respirator, and her lungs must be cleared six times a day with tubes inserted through a hole in her throat. At night, she sleeps attached to a monitor that tracks her heart and respiratory rates. Any errors in her nursing care could be fatal.

Despite the difficulties I knew it would involve, I began to think about the possibility of adopting Patty. Finances weren't a problem; I had already checked with our insurance company and found out that it would cover the medical costs for an adopted child. The routine for Patty's care was similar to Erik's in some ways—for example, they both must be catheterized several times a day and hooked to monitors at night.

The only thing that worried me was the thought of working with her respirator—I wasn't sure I could do it properly. But I looked at Patty's beautiful Shirley Temple smile beaming from the magazine, and I thought that there was no reason I couldn't take care of her. Every child deserves a home.

Without even consulting Ken, I left the waiting room to call the Texas Department of Human Services, the agency handling the little girl's case. I expected to hear that an adoptive family had already been chosen, but I learned that of all the people who had called to wish her well, no one had offered to adopt her.

In any case, the agency told me, Patty wasn't yet available for adoption. Her mother's parental rights hadn't been legally terminated, although she had stopped visiting her daughter. And P ty's doctors were concerned that a m from the hospital might be physica dangerous for her. I left my phone nu ber with the agency and asked them keep in touch.

We were all disappointed that couldn't bring her home, but we had go on with our lives. Ken went back school to get his master's degree in s cial education, and I continued my nu ing studies. In March 1988, we adop Noah, an eighteen-month-old boy w congenital hydrocephalus. But we ne forgot Patty.

The following March, her court-pointed advocate called us from Te She asked if we were still interested adopting Patty if she were to beco available. We said we were, but that were making plans to move to Ore in a few months and didn't know w our address would be. Patty's advoc seemed satisfied, but we didn't h from her again before we moved.

In the fall of 1989, the Texas offic called us in Portland, saying that were the only family who had m serious inquiries into adopting Pa The fact that they had found us at a we hadn't thought to leave a forward address—and that we were the o people who wanted the child made realize that there was (continu

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It's not just any number. 1-800-252-4765.

To color or not to color?

If you're like most women, you've thought about coloring your hair. Now there's someone to talk to. When it's time to talk color, it's time to call Clairol. Our staff of specially trained haircolor consultants will review your haircoloring wants and needs. They'll help you find not just any haircolor, but the perfect product and shade to complement your natural coloring and make the most of your hair.

So if you're thinking about coloring your hair or have questions about the haircolor you're using, we suggest you get some expert haircolor advice.

No appointment is necessary. Just call 1-800-Clairol anytime between 8:30am and 8:30pm EST, Monday through Friday, Saturday 9am to 6pm EST, for a personal consultation. Our staff is always eager to talk.

Haircoloring explained in black and white.

First of all, it's important to understand that there are basic categories of haircoloring products: temporary, s permanent, permanent and highlighting (see above rig These different types of color let you achieve different with your hair.

Temporary colors are perfect for first-time users who want to try out a color. They wash in and wash out easi there's no long-term commitment.

Semi-permanent colors allow the natural shades of yo hair to shine through. With no peroxide and no ammo you get gentle gray coverage. Color gradually washes o four to six shampoos, leaving no "roots."

Permanent coloring can lighten, darken, deepen or b your natural color while covering gray hair. Special conditioners leave your hair shiny and natural-lookin

Semi-Permanent Coloring



The easy, convenient way to cover gray without changing your natural color.



This no-peroxide, no-ammonia color enhances body, shine and natural color while covering gray.

Permanent Coloring



Leaves hair feeling silky and looking lustrous with long-lasting color.



This shampoo-in formula provides long-lasting color with expert gray coverage.



The ultimate rich gel colourant. Provides exquisite, guess-proof results.



Ammonia-free shampoo-in color that's formulated to pamper permed, body-waved and delicate hair.

Highlighting



For permed or natural hair, brush-on highlights for subtle, natural-looking reflections. Brightens the way you look.



A beautiful way to bring out natural highlights. Special conditioners will leave hair shiny and healthy-looking.

olor

sh-out, enic shades utiful color dy.

ting products let you add highlights to selected f your hair. Depending on which product you hese highlights can be subtle or dramatic. Strands ghtened until they grow out.

nd of Clairol® haircolor is right for you?

ou color, there are a few important things you should out. What do you want to do with your hair? Do you over gray, add highlights, rejuvenate your dulling olor, or change your color completely?

w long do you want the color to last? Do you want the ade away gradually, last only a day, or remain in r until it grows out? Your answers to these questions rmine what kind of Clairol is right for you.

ere is the color itself. Pick one that complements your ion, your skin tone and eye color. If you are trying r for the first time, Clairol experts recommend that you choose a color close to your own, or a few shades lighter. The result of your haircoloring will be affected by both the shade you choose and your own natural shade.

The right haircolor can take you from "dull" to dazzling in minutes. So don't waste another second. Choose the Clairol color that's right for you and discover not just any you, but a beautiful new you.

It's not just any reason to try.

As if all this weren't reason enough to color with Clairol, we're giving you one more incentive.

From now until September 30, 1990, we will send you a $1.00 cash refund, by mail, when you purchase any participating Clairol haircoloring product.

Don't delay. Look for details wherever you shop for Clairol haircolor products.

Now that you know more about Clairol, we'd like to know more about you.

Tell us why you're not just any woman.
You could win not just any prizes.

To enter, simply tell us, in 200 words or less, why you're "Not Just Any Woman." Each entry must be received no later than October 13, 1990. You'll be judged on creativity, originality, credibility, and, of course, style. The winner will be chosen by a distinguished panel of judges and notified by mail.

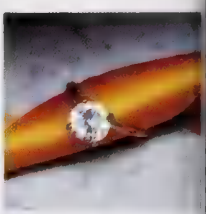
And the prizes? You guessed it. They're not just any prizes.

It's not just any trip to the store.



The Grand Prize winner will be awarded a $20,000 all expense paid, bi-coastal shopping trip to fashionable Fifth Avenue in New York and chic Rodeo Drive in Los Angeles. Airfare and hotel included.

It's not just any rock.



Photographs for illustration purpose only has been reduced. Wardrobe style may

Two first prize winners will receive "Not Just Any Rock." This gem of a prize truly is a woman's best friend: a flawless one Carat diamond ring.

It's not just any designer label.



Ten second prize winners will receive "Not Just Any Wardrobe." We're talking the height of fashion: an ensemble from Anne Klein II—one of America's hottest designers.

It's not just any fragrance.



Two hundred third prize winners will receive Joy de Jean Patou, one of today's most luxurious perfumes.



Not Just Any Woman" Contest Official Rules

Hand print or type an essay of 200 words or less describing why you, a relative or a friend are an. Include with your essay, your name and address, along with an actual UPC bar code of the Clairol brands participating in this contest. They are: Nice 'n Easy®, Ultress®, Miss oo Formula, Miss Clairol® Creme Formula, Loving Care® Color Lotion, Loving Care® Color Tip®, Light Effects®, Quiet Touch® Hairpainting, A Touch of Sun®, Clairesse®, Balsam Color®, rn Blonde® Toner/Lightener, Summer Blonde®, A Lot/A Little Sun®, Silk & Silver® and Instant rary Color Rinse. For Instant Beauty® remove the small sticker, containing the pink Clairol® on the top of the back label and trace the UPC bar code located on the bottom of the back label. produced UPC bar codes will not be honored and those essays received with mechanical ill not be judged. **Mail to: Clairol "Not Just Any Woman" Contest, P.O. Box 82324, St. Paul,** nter as often as you wish, but each entry must include separate proofs-of-purchase and be ly via first class mail. All additional entries must meet the requirements outlined in rule #1 e received by October 13, 1990. Neither the sponsor nor any of its agencies are responsible for ged, misdirected, incomplete, illegible or postage due mail. All entries become the exclusive rol and none will be returned. **4.** The contest is open to women who are U.S. residents and are of age. **5.** Employees of Clairol, any of its affiliate companies, agents, advertising agencies, pliers, Carlson Sales Promotion Company and their immediate families are not eligible to contest. All applicable federal, state and local laws apply. Contest void in Arizona and where prohibited by law. **6.** By claiming a prize, winners agree that all prizes are awarded on that Clairol, Carlson Sales Promotion Company, and their respective agencies or ave no liability whatsoever for any injuries, losses or damages of any kind caused by any prize acceptance, possession or use of any prize. **7. Entries will be judged on the basis of creativity believability (20%), and originality (20%). Essays entered for previous competitions will be ging will be conducted by a panel of qualified experts under the supervision of Carlson Sales any, an independent judging organization whose decisions are final.** **8.** Winners will be notified ary 16, 1991 and may be obligated to sign and return an affidavit of eligibility and liability and s within 14 days of notification. In the event of non-compliance with this requirement, prizes will ne alternate winners. Prizes returned to Clairol or Carlson Sales Promotion Company as ill be awarded to alternate winners. All prizes will be awarded. However, please allow months for the prizes to be awarded. **9.** Acceptance of a prize shall constitute and signify the nent and consent that Clairol may use the winner's name, address, likeness and/or prize out limitation, for promotional purposes including advertising, publicity and point-of-sale onsideration or payment. **10.** Prizes: (1) Grand: A seven consecutive day shopping spree trip New York City, New York, and Los Angeles, California. Includes round trip airfare from major port nearest winner's home to Los Angeles, on to New York, and then a return flight home. Also ccommodations for five to seven nights and ground transportation. Prize also includes $10,000 ate retail value: $20,000; (2) First: One Carat Diamond Ring. Approximate retail value: $10,000/ d: Designer Outfit from Anne Klein II. Approximate retail value: $2,000/each; (200) Third: Joy Approximate retail value: $275/each; Total approximate retail value of all prizes: $115,000. rizes are solely the responsibility of the winner. Prizes are not transferable. Only one prize per ddress. No prize or cash substitutes allowed. Travel must be completed by December 31, 1991. rictions may apply. **12. For a list of major prize winners, send a self-addressed, stamped business March 31, 1991 to Clairol Winner's List, P.O. Box 82326, St. Paul, MN 55182. Proof of purchase required.**

Official Entry Form

Win Clairol's "Not Just Any Woman" contest with a few well-chosen words.

Please enter me in Clairol's "Not Just Any Woman" contest. Enclosed you'll find my 200 word essay.

NAME (Please print or type)

ADDRESS APT. NO.

CITY

STATE ZIP CODE (Must be included)

CLAIROL HAIRCOLOR BRAND PURCHASED.

IS THIS THE FIRST TIME YOU'VE PURCHASED HAIRCOLOR? ☐ YES ☐ NO LHJ

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Clairol®

Because you're not just any woman.

Q I intend to color my hair and get a permanent. Which should I do first, and is there any amou time I should wait before doing the other?

A Have a permanent first. Wait a week before col and shampoo your hair at least once during tha time. Do a strand test for exact timing.

Q I've always wanted to lighten my hair a few sha but I'm afraid it will harm my hair. Will it?

A Properly used, Clairol haircolor will not harm hair. It's formulated to pamper any type of hai add body. And all Clairol haircolors have built conditioners to give your hair a healthy, shiny l

If you have any further questions or need assistanc call the Clairol experts at: 1-800-252-4765.



© 1990 Clairol

nued) really no question about it. night as well have sent us a tele- telling us to adopt Patty.

ee weeks later, I flew to Texas to her. She was everything I had ex- l—sweet, mischievous and ador- -and I loved her immediately. Ken d the morning after I did, so he nly about an hour with Patty be- ve had to make a decision about ion. But Ken loved her just as as I did. Right before our court rance, I told him, "If you have ing against adopting Patty, I need ow now, because we have to make mitment." He said, "This seems to r only chance for a family. How we say no?"

er talking and praying, we said, go for it."

we began legal efforts to adopt Pat- o our relief, we had no problems ng custody. (Her natural mother always be welcome in our home, if hooses to visit.) Jessica and I went stin a few weeks later so that Pat- ld meet one of her new sisters and the exciting news. Dia Moore, the -life coordinator at the hospital, with me to Patty's room.

a asked Patty, "Do you remember Ken and Diane visited? Well, Ken Diane love you very much, and they d like to be your mommy and dad- We asked her if she would like and she said excitedly, "Yes!" It a very emotional moment for me. eyes filled with tears, and I had to e the room for a moment. When I rned, she looked up at me and said, Mommy." By that time, everyone e room was in tears.

e had made our decision to adopt y quickly, but not without a great of thought. Although I had looked ard to working as a nurse and a ents' advocate, Ken and I felt that y needed a full-time mother, so we ded that I would stay home to care he children. We would have to move one-floor, wheelchair-accessible e. And we knew we would have to get Ken's $27,000 teaching salary fully to make ends meet.

e were also worried about being to afford Patty's move to Oregon, we needn't have been. County rnment officials, as well as an in- nce company, provided us with r jet air ambulance to move her, Brackenridge Hospital gave us 300 worth of medical equipment she needed to live outside the hos- l. Private donations from her sup- ers in Austin covered the cost of a with a wheelchair lift, which we our "Pattywagon."

ur new daughter's homecoming last ruary 8 was both exciting and hectic us. We had bought our new house, and members of our church were helping us clean, lay carpet and disinfect from wall to wall. To add to it all, Erik had required emergency surgery two days earlier, and he was released only the day before Patty's arrival. We decided not to postpone her flight, though. In a household like ours, you can't put your life on hold for every medical crisis.

We'd arranged for four of the children to stay with a friend overnight, both to make things easier for us and to avoid overwhelming Patty. But we couldn't escape the excitement her arrival caused. Her story had attracted national attention, and reporters, photographers and television crews were waiting for us at the airport.

Her plane arrived around noon that day. Ken and I went up to the plane and tapped on the window nearest Patty's seat. She turned toward us, and her face lit up as she said, "Hi, Mommy!" We could barely contain our excitement. We then put her and the medical equipment into the ambulance that would take her home.

When we took our little girl on her first tour of the house, she stared in amazement at all the unfamiliar objects that we took for granted—the microwave, the washing machine, the dishwasher. Although the *(continued)*



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Renuzit Freshell. It's a beautiful shell on the outside. And inside it's a long-lasting air freshener...that freshens all day, all week, all month. The latest wave in air fresheners... Renuzit Freshell in your choice of 4 delightfully fresh scents.



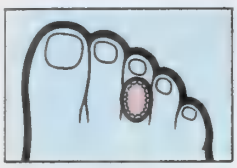
Good-looking. Hard-working.

Every day, thousands of women perform surgery on their feet.



It's unnecessary. There's a much better, safer way to remove painful corns: Dr. Scholl's Corn Removers.

Within five treatments or less, the corn will be replaced with new, softer skin. And that's a money-back guarantee only Dr. Scholl's gives you. So get Dr. Scholl's Corn Removers. And get rid of those corns, safely and painlessly.





Dr. Scholl's.®

Foot health is important. See your podiatrist for professional advice.

Read and follow label directions. © 1989 Scholl, Inc.

A WOMAN TODAY
continued

Brackenridge staff had taken her to their homes on special occasions, I don't think she had paid much attention to the surroundings. We explained to her that she would be eating in the dining room with the family and that the TV, unlike the one she watched in the hospital, wouldn't be in her bedroom.

Happily, Patty has done very well in our home. She giggles a lot at the other children, who love to perform for her. But she's a little confused by Erik and Noah; she doesn't understand their limitations, and they don't know hers.

She can be a little bossy sometimes, because she was so used to getting her way at the hospital. Charming as she is when she makes her demands, I'm trying to teach her that she can't tell everyone what to do. If she says, "Door," to someone in front of an open door, I tell her, "Let's say, 'Would you close the door, please?' " She loves it—she's wanted a mother's guidance for so long.

She and Jessica are the best of friends. They share a bedroom that they both helped decorate: Jessica chose a heart wallpaper pattern and Patty picked out a Mickey Mouse one. I feel that Patty's problems with immaturity—at six and a half, she behaves like a three-year-old—stem from the fact that she hasn't had to make many choices for herself. Now I want to give her more of a say in her own life.

We haven't seen any signs that she has been upset by the change in her routine. From the first, she's seemed very relaxed. We were worried that we might have trouble getting Patty to eat—she often stopped eating when her hospital schedule was disrupted—but she's eating both solid food and her liquid supplement wonderfully. She takes her cues from the other children; if they seem to be enjoying a food, she'll try it, too. Thank goodness that our kids love vegetables!

Patty's also thrilled at the chance to go places; she recently went to a supermarket for the first time and was amazed by all the food. On her second day here, she went into her room for a nap, but instead of sleeping, she stared out the window for an hour. She didn't see the outdoors much in the hospital, and she was just mesmerized by the wind, the rain, the grass and the trees.

As we anticipated, we've had to learn to adjust to Patty's medical requirements. Our insurance allows for ten hours of daily nursing care, and Ken and I thought that we'd need it only during the day. But the nights were just as hard; we couldn't sleep, because we were listening for the alarm on F monitor to go off. Now we plan to nurse every third night so that Ke I can relax and have some privac know that our family is only as s as our marriage, so we take tim each other as often as we can.

We've also made it through ou crisis with Patty. One night, her rator stopped working, and she be lethargic and uncomfortable. Whil respirator was being repaired, we h resuscitate Patty manually, usi special bag that attaches to her cheostomy opening, with the hel visiting pediatric nurse and a res tory therapist.

We hope to help Patty become as reliant as she can be—that's our p ophy with all our children. She'll b ing to school this spring, attending cial-education classes with a n present to monitor her.

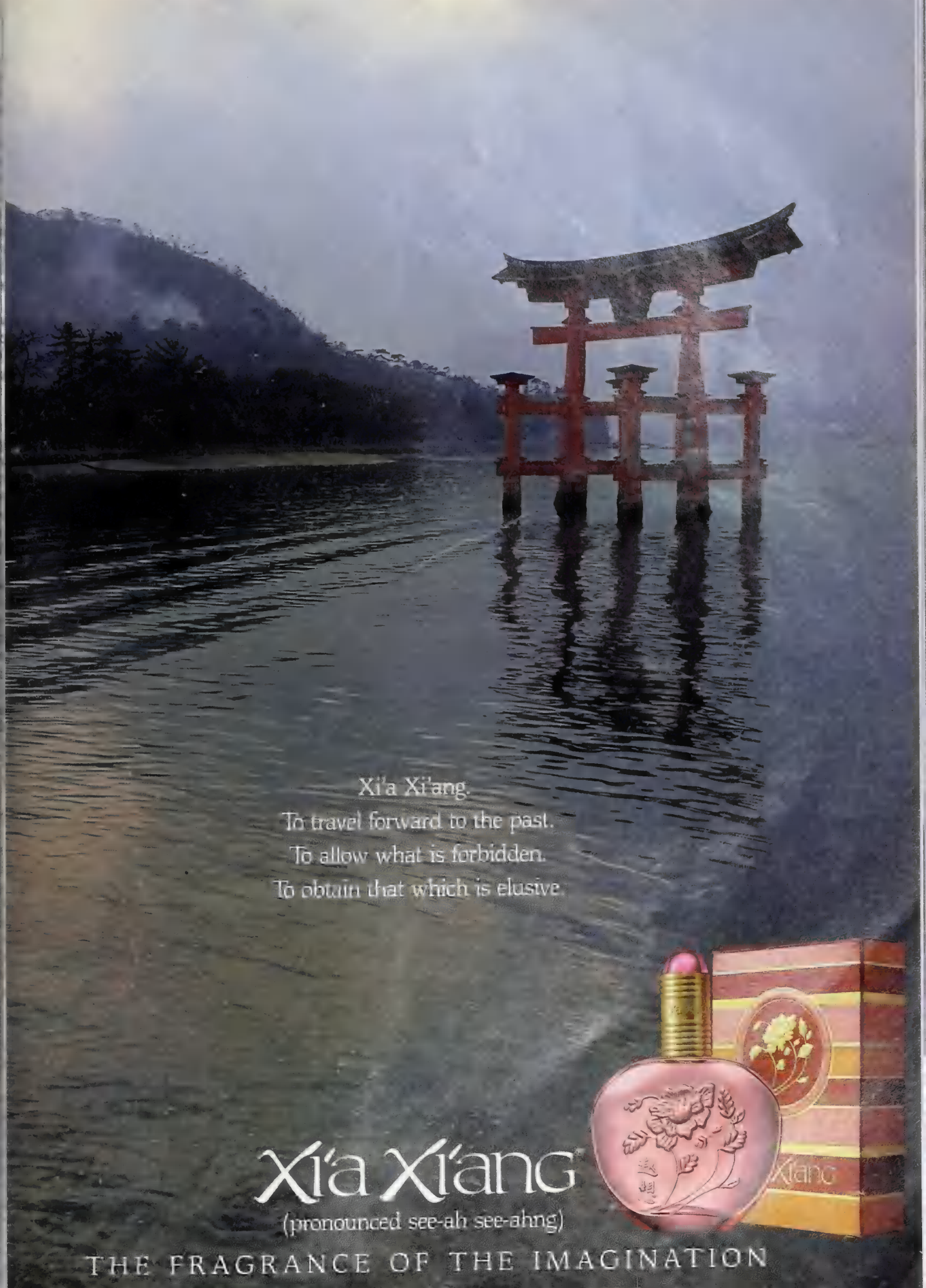
We also want to help her around without assistance. Althoug can't afford it now, and our insu won't cover it until she's lived wi for five years, we hope someday t her a wheelchair that can be acti by cheek or mouth movement. A like that would really increase her pendence and self-esteem.

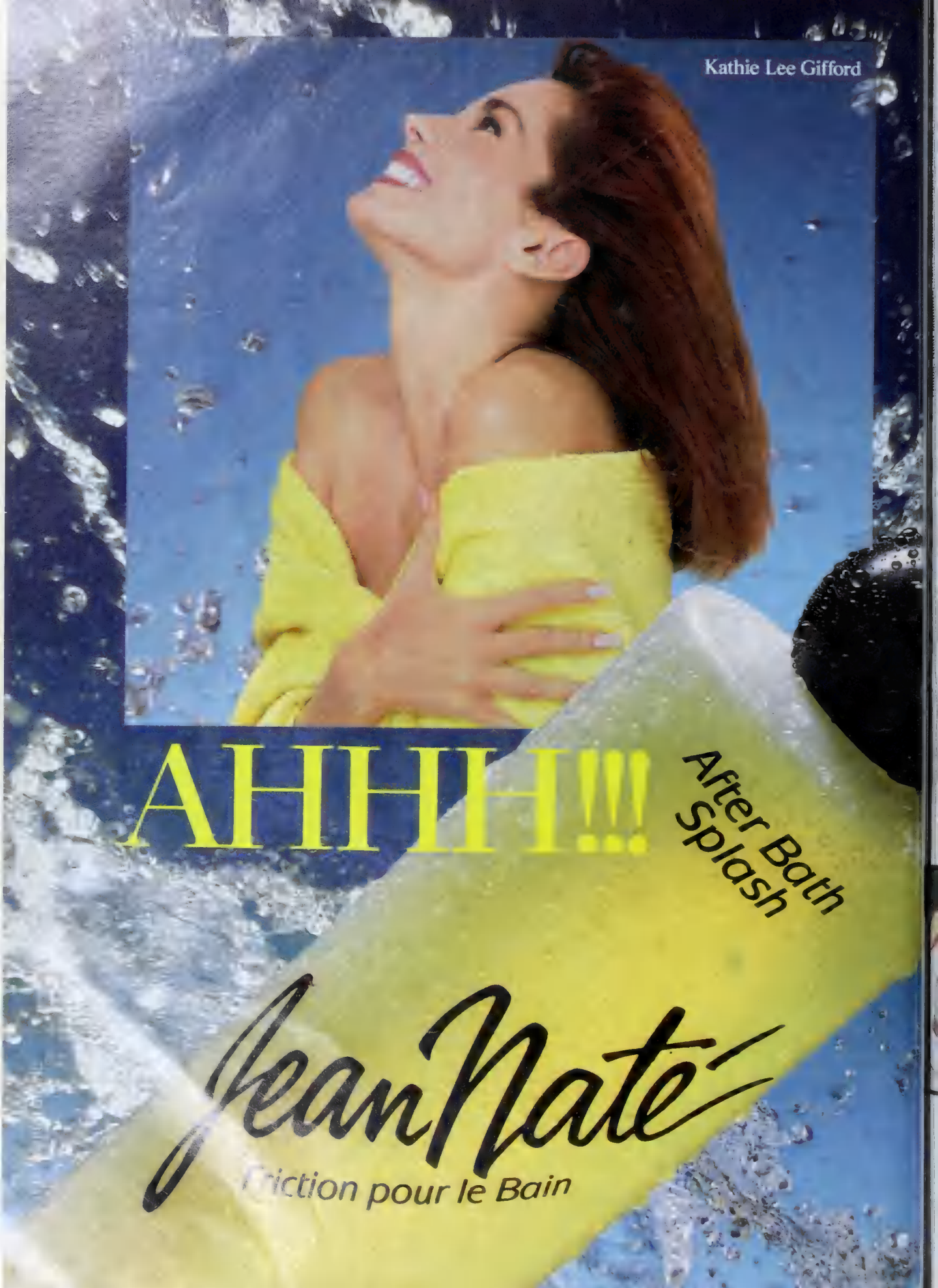
Ken and I know that Patty's pr sis is uncertain. She could live for one more year—or as many as t ty. Her dependence on the respi and her susceptibility to infe make her more vulnerable than children. Some people feel that kids Patty shouldn't be discharged fro hospital, because of the risk invo however, many others have told us it will have been worth it even if lives only a few months outside the pital. One caseworker told me, weeks with the Stacys is worth six y in a nursing home."

But we don't want to dwell on might happen. Ken and I love our girl dearly, and we want to try to her a long and happy life. We knew decision was the right one when brought Patty into our house for first time. I leaned over her, stroke cheek, and said, "Patty, do you k where you are?" She just looked u me and said, "Home."

Cheryl Coggins Frink is a writer fo American-Statesman, in Austin, Te

The Stacys encourage readers to wri Patty. Address letters to Patty St P.O. Box 1841, Gresham, OR 9703 addition, the Brackenridge Founda is collecting donations for the purc of adaptive equipment for Patty. If would like to contribute, send your d tion to the foundation at 601 East Street, Austin, TX 78701.


Xi'a Xi'ang.
To travel forward to the past.
To allow what is forbidden.
To obtain that which is elusive.
Xi'a Xi'ang
(pronounced see-ah see-ahng)
THE FRAGRANCE OF THE IMAGINATION


Kathie Lee Gifford
AHHH!!!
After Bath Splash
Jean Naté
Friction pour le Bain

FOR MOTHER'S DAY: ONE OF AMERICA'S MOST CELEBRATED DESIGNERS, DIANE VON FURSTENBERG, AND HER LOVELY DAUGHTER, TATIANA, SHARE THEIR SECRETS FOR LOOKING TERRIFIC



BEAUTY & FASHION JOURNAL

Make May your month to really shine with a host of good looks and wardrobe musts

MOTHER-DAUGHTER BEAUTY SECRETS

Diane von Furstenberg is the quintessential successful working mother. Who can forget her sensational wrap dress that led to fame, fortune and the cover of *Newsweek* in 1976 when she was the tender age of twenty-nine?

Today, Diane looks better than ever. What's her secret? "I love life," she says. "I'm very active, and I suppose I'm blessed with lots of energy. My trick for looking and feeling young is being constantly on the go, meeting new people, seeing new things."



Favorite beauty ritual for both mother and daughter: a soothing bath. It de-stresses Diane after a long workday, and it helps Tatiana relax after college exams. Their best-loved bath scent? Tatiana, of course. The fragrant Tatiana bath line includes Moisturizing Body Lotion, Body Shampoo and Perfumed Dusting Powder

BEAUTY SHORTCUTS

What tips does Diane have for other busy moms? "I eat healthfully and drink lots of water, and I don't smoke," she says. "My quick beauty booster is a long walk in the woods. I also love yoga. I don't do it as often as I'd like, but it's great for developing concentration and overall flexibility, and for getting in touch with your body."

CHOOSING A PERSONAL SCENT

"Tatiana is my signature fragrance, and if you like a floral, it may work for you, too," says Diane. "How to make sure a fragrance lasts all day? Layer it in its various forms. For example, wear a scented body lotion under the same-scent cologne. Remember, fragrance rises, so you should begin layering at your feet and work your way up."



WHAT MOM TAUGHT ME

It's hard for a nineteen-year-old to admit she's learned a lot from her mother, but, Tatiana says, "Mom has always given me confidence about my looks. I never used to think I was pretty, but she always makes me feel beautiful. As for beauty tips, Mom and I have the same type of hair—thick and curly, bordering on frizzy—so I do what she does: Trim it every month, deep-condition it every two days, and let it air-dry. Mom's also stressed the importance of nutrition. She taught me how to eat well without dieting. She loves to walk, and I go with her—but I usually head back home before she's finished!" ▶



THE ELEGANT COLORS OF ST. TROPEZ

Indulge in Bain de Soleil, in SPF's up to 30, for the level of color you desire.



Tropical tanning.
Dark tanning oils with natural emollients and a lush tropical fragrance.



Tanning with protection.
Silky, waterproof crèmes. Glistening gelées. Luxurious spray mists. In a range of SPF's.



Maximum protection.
Moisturizing, waterproof ultra sun protection in SPF's 20 to 30.

BAIN·DE·SOLEIL

BEAUTIFUL COLOR TODAY.
BEAUTIFUL SKIN TOMORROW.

BEAUTY & FASHION JOURNAL

THIS SEASON'S BEST NEW STYLES FLATTER EVERY FIGURE. WE'LL SHOW YOU HOW THESE EASY PIECES CAN THIN THIGHS, DISGUISE DERRIERES AND MAKE YOUR MIDDLE LOOK LITTLE

BODY-SLIMMING FASHION



THE WORK-WORTHY SHEATH

The sheath is the trendiest dress for summer. It skims curves and subtly shapes without hugging. In crisp linen, it's ideal office material. Dress, Adrienne Vittadini; shoes, J. Crew. Model, right and far right, Caroline Ellen of Click

THE BLOUSON TANK DRESS

Brand-new this season, the blouson-style tank dress offers lots of body-flattering bonuses. The above-waist blousing gracefully conceals a thick midriff; a wide, scoopy neckline boosts upper-body proportions. (P.S. A thigh-length cardigan is the perfect camouflage for problem hips.) Dress and cardigan, Donna Karan. Model, Mary Hafford of Ford's



THE NIGHT SHIFT

This sexy slink of a dress is ideal for hot summer nights. Silk lets it slip over hips and helps you keep your cool. Remember: Wearing pared-down accessories like a bold cuff and strappy flats is a bare essential. Dress and shoes, Donna Karan

hotos, Nesti Mendoza; hair, Stephane Lempire; Details, page 227.

MAX FACTOR CREATES

THE NEW NATURALS

FOUR INGENIOUS PRODUCTS THAT WORK BEAUTIFULLY WITHOUT MAKING YOU LOOK MADE UP.

POWDER BAR.™
The first loose face powder in a bar. So sheer and natural, you see only the best of your skin. No messy flyaway. In a portable compact.



INVISIBLE MAKEUP.™
Makeup without color. Gives your skin a silky, smooth, semi-matte finish without adding masky looking coverage. Won't clog pores. Protects with sunscreen too.

SEWATER BLUSH.™
-through liquid blush
single color that
ks unbelievably
ural on every
tone. And
ys on 'til
wash
ff.

NO COLOR™
MASCARA.
And no more raccoon eyes. No embarrassing smudges, clumps, smears, flaking or running. Lashes look long and natural.

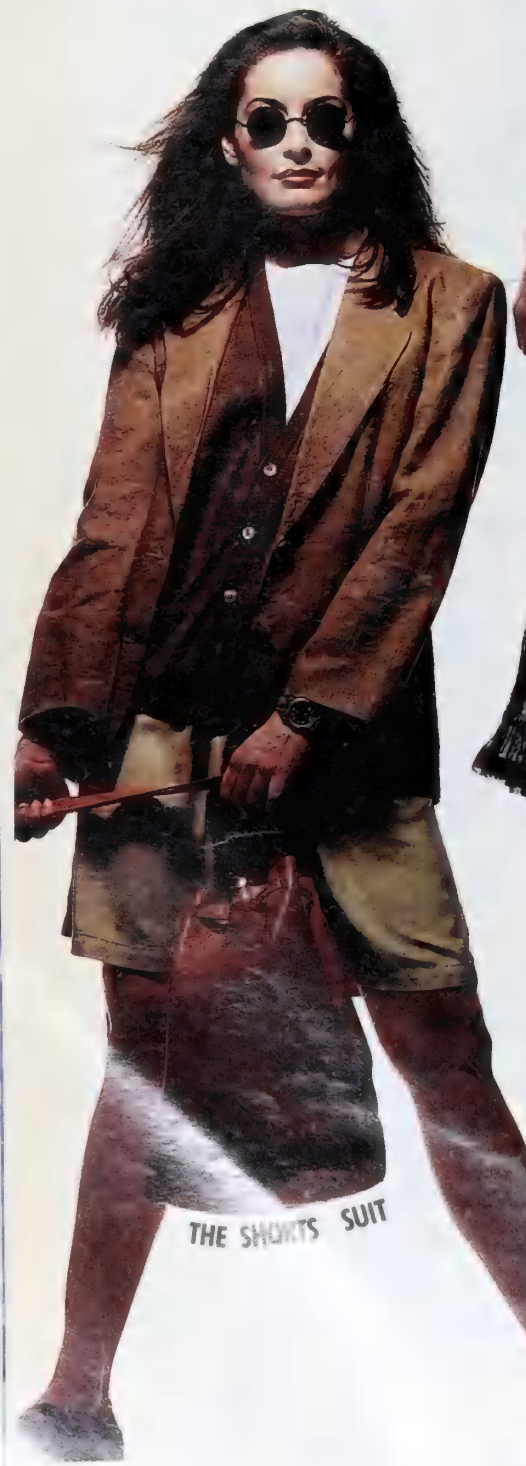
MAX FACTOR

© 1990 Max Factor & Co.
Available in Canada

BODY-SLIMMING FASHION

THE EXTRA-LONG CARDIGAN

A skinny solution with feminine flair: This lengthy cardigan in flirty crochet (black's best for paring pounds) whittles body contours. Wear over a black bodysuit for coverage; pair with a breezy skirt in crinkle pleats or chiffon. Cardigan, Fenn, Wright & Manson; skirt, Leon Max. Model, above and right, Donna Eller, IMG



THE SHORTS SUIT

Shorts are chic! Go for full-cut, knee-grazing walking shorts in a soft, no-cling fabric like washed silk. Top with a long vest or tailored jacket (we used both!) to conceal heavy thighs. Vest and shorts, Go Silk for L'Zinger International; jacket, Go Linen for L'Zinger International; tee, Hanes; duffel, La Bagagerie; shoes, Ecco; sunglasses, Giorgio Armani. Model, Mary Hafford of Ford's



BIKE SHORTS AND BIG TEE

If you've got great legs but your stomach's less than sleek, reach for a roomy, tummy-fudging tee and second-skin bike shorts. An oversize jacket helps deplete your seat. Bike shorts, J. Crew; jacket, a.b.s. California; sweater, Go Silk for L'Zinger International; tee, Hanes; sneakers, Keds; glasses, Optic Zone



We fit America

FRUIT OF THE LOOM®

UNCONDITIONALLY GUARANTEED

"All my life I had a weight problem, then I lost 24 pounds."

—Cheri Browner

"I had been overweight all my life. But after my first pregnancy it got worse.

"I tried lots of diets but they never seemed to work. They just left me feeling hungry.

"But then my pharmacist told me about the Dexatrim diet plan. It turned out to be all the help I needed to lose weight. With Dexatrim,® I found I ate less simply because I wanted less.

"I just took one Dexatrim in the morning and I was fine all day. I didn't even feel like I was dieting. I could just say, 'No thank you' and mean it. I still ate the foods I loved—just less of them.

"For the first time I was in control.

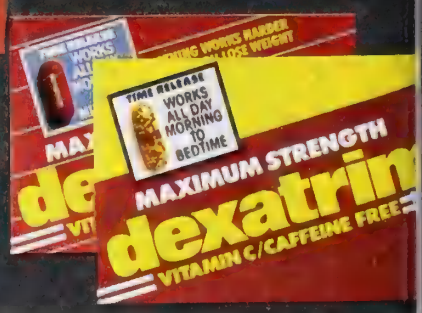
"But it was at a family wedding that I really felt proud. People hadn't seen me in months. My husband's whole family was there. They just couldn't believe it was really me. Everyone was stunned.

"And, you know what, it was Dexatrim that made it possible. I never want to go back to the old me. And with Dexatrim, I won't."

"Before Dexatrim, nothing seemed to work. Now I feel great—and 24 pounds lighter."*

Dexatrim controls your appetite so you eat less and lose weight. And it has no caffeine to make you nervous.

In fact, in a recent national survey of pharmacists, Dexatrim was recommended more than any other weight loss product.



dexatrim®

The weight loss product pharmacists recommend most.

*Cheri Browner may not be typical of the average Dexatrim user. Weight loss varies with the individual depending on a variety of factors. Most users need to lose less weight.

Consult your physician before beginning this or any exercise program. All photos, hair and makeup: model, bottom: Donna Chen, hair: Details, page 227.

beauty ★ health ★ fitness

COUNTDOWN TO SUMMER



ONLY SIX WEEKS TO GO—ARE YOU READY? WE'VE CREATED A CALENDAR OF SLIMMING STRATEGIES, SUPER BEAUTY IDEAS AND MUST-KNOW HEALTH INFO TO GET YOU SET FOR THE BEST SUMMER YET

week 1 THE SHAPE OF THINGS TO COME

It's time to get serious about your body. Need inspiration? Just slip on last year's swimsuit to see where you need to tone up. If you're like most of us, problem areas are below the belt—tummy, thighs, rear. So to get you beach-sleek, we asked fitness pro Rebecca Thomas of the Molly Fox Studio, NYC, for a speedy routine. Do it for just seventeen minutes a day, and you'll be beachy keen.

Abdominal blaster



Lie on back with knees bent and soles of feet on floor. Raise head, neck and shoulders as far as you can. Hold onto the backs of thighs with your hands to help pull your chest up a little higher. Release hands from thighs; hold position for five seconds.

Raise and lower your chest sixteen times with your hands reaching for your knees (this is a small, pulsing motion). Your lower back should be flat on the floor. Exhale when raising chest and inhale when lowering. Repeat sequence five times.

Front-of-thigh toners

Sit up straight with back against a wall, pushing buttocks against the wall. (Keep back flat throughout exercise.) Raise and lower right leg sixteen times, keeping leg straight but not locked at the knee. Repeat on left leg sixteen times. This exercise is *not* easy, so don't think you're doing it wrong if you find it difficult.

In the same position, turn leg out so that the inner thigh faces the ceiling; repeat exercise sixteen times on each leg.



Buttocks firmer

Kneel on all fours—*elbows* and knees. Don't arch back. Lift right leg parallel to floor; bend knee in so calf is at a 90° angle to thigh. Working only upper leg, raise and lower *(continued)*

looking good

(continued)

leg slowly sixteen times; repeat at a double count sixteen times.

Then, pulse-squeeze buttocks thirty-two times with a very small range of motion. Make sure your pelvis is tucked in and lower back doesn't move. Then straighten right leg behind you, flex foot and bend leg to a 90° angle sixteen times, keeping thigh still and parallel to floor. Next, straighten leg. Lower and raise leg, touching toes to floor and concentrating resistance on the way down. Repeat entire sequence on left leg.



Thigh trimmers

Lie on left side with head resting on bent elbow. Lift up on side so the space between waistline and the floor is maintained throughout the exercise and hipbones are kept even and in place. With right hand on right thigh, raise and lower leg sixteen times (raise to 90°), then pulse sixteen times in a short range.

Stay on left side, lower right leg and bring it across body with knee bent at a 90° angle, and touch foot to the floor. Raise right knee a few inches. Lift and lower left leg sixteen times. Hold left leg up and move it back a half an inch. Raise and lower left leg sixteen times in small motions. Repeat on other side.



FROZEN TREATS

Who can resist icy snacks in the summer? What you *should* avoid: calorie-loaded sweets that make your workout a waste. Here are our ten favorites, all under 150 calories.

Frozen treats	Calories
Weight Watcher's Chocolate Mousse	35
Crystal Light Chocolate/Vanilla Bar	50
Dannon Fruit Bar	60
Frozfruit Juice Bar	70
Dole Fruit Juice Bar	70
Weight Watcher's Chocolate Treat Bar	100
Frozfruit Coconut and Banana Bars	120
Dannon Chocolate-Coated Fruit Bars	130
Häagen-Dazs Orange-and-Cream Pop	130
Klondike Lite Frozen Dessert	140

week 2

GOOD-DAY, SUNSHINE

The rays may seem tame right now, but remember, as long as you can feel the heat you can get burned. We'll bring you up to date on the latest skin savers

Golden rules

Like it or not, the only way to really shield yourself is with an SPF of at least 15, applied all over an hour before venturing outdoors and reapplied at least every hour. According to Frank Akin, Ph.D., senior director of Coppertone clinical research, you can protect yourself and still get a tan. SPF 15 products block about 93 percent of the rays. It will probably take several weeks to build up your maximum tan using SPF 15 every day. To tan safely all summer, Akin recommends continuing to use SPF 15 or higher; using a lower SPF after you're bronzed will, over time, lead to chronic skin damage.

Sunscreen scene

There's an enormous range of sunscreen products to choose from, so to narrow your choices, look for a protector designed for your skin type that is also broad-spectrum (screens both UVA and UVB rays). If your skin is dry, use moisturizing products like Vaseline Intensive Care FACE Moisturizing Sunblock Cream SPF 15 and Bain de Soleil Protecteur Gentil Body Silkening Creme SPF 25. For oily skin, an oil-free sunscreen is a must. We recommend Oil-Free Sunblock SPF 15 by Clinique and Prescriptives SPF 15 Oil-Free Mist. For sensitive skin that reacts to PABA, smooth on our top pick, Neutrogena PABA-Free Sunblock SPF 15. If you tend to be in the swim all day, go for waterproof products. Two that will shield for up to eighty minutes under the surf: Coppertone Waterproof Sunscreen Lotions (SPF 15, 25, 30 and 44) and Presun Spray Mist Sunscreen SPF 23.

Lip service

Lips are particularly prone to sunburn and skin cancer because they contain no protective pigment. If you're sun-exposed for long periods of time, try these ray bans: Piz Buin Sunblock Stick SPF 15 or Zinka Lip Balm SPF 15.

Retin-A alert

Retin-A users tend to develop heightened sensitivity to sunlight, but according to Albert Kligman, M.D., professor of dermatology at the University of Pennsylvania School of Medicine, you *can* sun (continued)



Now Revlon brings a salon pedicure home to you.



Revlon's new Pedi-Care® groomers, for a professional-quality home pedicure—and smoother, softer, summer-beautiful feet!

vlon, Inc.

REVLON

Bursting with extra skin conditioners.

New and improved, for softer skin.

Now Jergens Aloe & Lanolin Skin Conditioning Bar is even better for your skin. With natural aloe, legendary for healing, lanolin for softening, and now extra conditioners for softer, smoother skin.



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(continued) yourself as long as yo
been using the medication for thre
four months (the time it takes for
skin's sensitivity to return to norm
Avoid prime sunning hours—ten A.M.
two P.M.—and you *must* wear a hea
duty sun block with an SPF *higher* than

Solar trends

Just when we've all become used to
along comes APP. What is it? APP re
to UVA Protection Percent, or a produ
ability to screen UVA rays. The
rating of a broad-spectrum sunscr
refers to the percentage of UVB
(those responsible for sunburn) be
blocked but doesn't indicate the
centage of UVA rays (which leac
wrinkles and skin cancer) be
blocked. Schering-Plough's SHADE
of sunscreens are currently the o
products that list APP. Look for SH
UVA/UVB Sunblock Oil-Free Gel SPF
APP 62% if your skin is oily, and SH
UVA/UVB Sunblock Lotion SPF 15,
62% if your skin is normal to dry.

Made in the shades

Be eyes wise: Direct exposure to sunli
(especially looking at the sun) will da
age the eyes. If you overdo the UVs,
can develop cataracts as well as ba
cell cancer on the eyelids. Accordin
Janet Serle, M.D., assistant professo
ophthalmology at Mount Sinai Schoo
Medicine, NYC, it is important to in



in sunglasses that will provide opti
protection. UV 540 lenses are best
cause they block both ultraviolet li
and blue light, which is next to UV on
spectrum and is also dangerous. UV

es are the next best thing—be sure have a yellow or orange tint, other- they won't block blue light. These lasses are more expensive, and re currently available only from ians. But the price is well worth it: rding to Jason Slaker, M.D., wear- dark sunglasses that have no UV or -light protection causes pupils to e, causing the eyes to become ex- d to even *more* sun.

week 3

N AND BARE IT

the season for bare-minimum sing, so make sure your skin is worthy. Coming up, fast-acting y beautifiers that can't be beat

oth moves

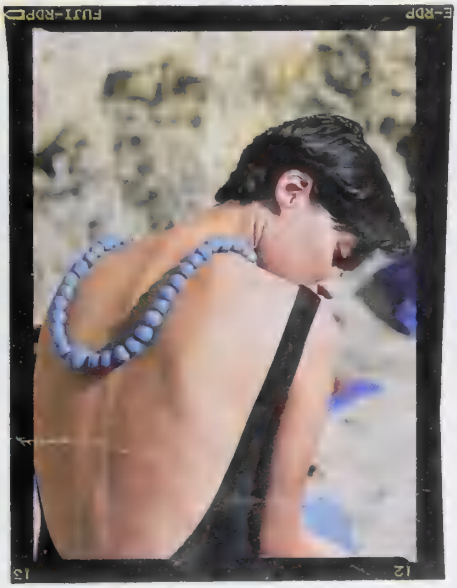
r hiding under woolly layers all er, dry, flaky skin needs a quick fix. ring back a rosy glow, NYC skin ert Diane Young recommends exfoli- g with loofahs or body scrubs (pay ial attention to scaly elbows, knees, . Buff toward the end of a bath or ver, when skin is soft and moist. Never exfoliate skin that's sensitive, nished or sunburned.) Follow with sturizer all over on towel-blotted, p skin. Alpha Keri Moisturizing y Mist keeps skin supple.

face

e a deep, dark tan is off-limits, you rely on bronzing to camouflage ected skin. So caring for your com- ion has never been more important. step: Summerize your skin care. e heat often accelerates oiliness and kouts, you'll need to cleanse thor- nly but gently. If you used a creamy nilky cleanser in the winter, try ching to a lightweight cleansing gel leaves skin feeling fresh and make- eady, like L'Oréal Plénitude Active nsing Gel. Count on a water-base sturizer, like Oil of Olay, and apply where needed. If your skin is blem- prone, NYC dermatologist Diana Bi- a suggests you try a weekly deep- cleansing masque. Look for one that contains clay to absorb excess oil, like Neutrogena Acne Mask. A daily skin- care regimen designed for oily adult skin could be your best bet. Almay's Oily Skin System can help reduce breakouts.

No sweat

- Always choose a combo antiperspi- rant/deodorant to eliminate both wet- ness *and* odor. A few that really work: Revlon's No-Sweat, Dry Idea by Gillette, Secret by Procter & Gamble and Mennen Lady Speed Stick.
- Never skip an application—a daily dose of antiperspirant reinforces its ef- fectiveness (if you perspire heavily, you may need to apply twice a day). Apply to dry, hair-free underarms.
- Wear lightweight, breathable cloth- ing made of natural fibers, including 100 percent cotton underwear. Go for easy, oversize shirts, minimal layers.
- Audition a new scent and freshen body hot spots with a fragrant powder. Zero in on perspiration-trapping ar- eas—such as between and under breasts. (Avoid using powder in the genital area.) Sprinkle a bit in your shoes. Our favorite: Jaclyn Smith's Cali- fornia Perfect Body Powder from the Perfect Body Collection by Max Factor.



Body breakouts

Don't let breakouts on your chest or back prevent you from wearing that body- skimming, low-cut sheath. A weekly back or chest "facial" will help control oiliness and *(continued on page 44)*

Overflowing with natural healing ingredients.

The same healthy ingredients are at your fingertips in Jergens Aloe & Lanolin® Skin Conditioning Lotion. With natural aloe and skin-softening lanolin in a formula that helps heal dry skin nature's way.



made with the extract of the Aloe plant and rich Lanolin

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now an accepted fact that Henry the hth didn't die as a result of his legend- vices and excesses, but rather because didn't eat his vegetables.

In 16th century England it was con- ered "common" to eat vege- les when you ld have a nice, mutton chop.

Obviously, 'r're not going to from a vitamin iciency today, ply because we now understand what stitutes a healthy, balanced diet.



Citrus fruits are the only good source of Vitamin C, right? Wrong.

And yet there are still times when a mmin or mineral deficiency could exist. hen you're pregnant. Dieting. Under usual physical stress. Recovering from kness. If you're a vegetarian. A smoker. special medication. Or the "pill."



figured if Nature could ake a lot of healthy gs without resorting to eservatives, artificial s, or flavors, so could we.

VITAMINS AND MINERALS AND THE HUMAN FACTOR.

If we planned our meals and ate right, there would be no need for vitamin and mineral supplements. But unfortunately, we're just as human as Henry.

The U.S. Depart- nt of Agriculture says that the United tes is the second largest food producer he world, yet according to our govern- nt, many of us still don't manage to eat vell-balanced diet.

It's obvious there isn't a deficiency in our food supply, but simply in our ability to choose food properly.

OUR MOTTO: "SCIENTIA ET NATURA."

All Nature Made® nutritional supplements are made to a standard of quality that's higher than even the U.S. Government requires. (That's the science part.)

And they're all the same vitamins and minerals found in nature. With no artificial colors, or flavors. And absolutely no preservatives. (That's the nature part.)

In all, we make more than 120 vitamin and mineral supplements. Including a complete line of multi-vitamins. As well as nutritional packages customized for the specific requirements of men, women and those who experience undue stress.

Our vitamins and minerals are just as potent as those at the green grocer. And just as effective in seeing that vitamin deficiencies become history. Sadly for Henry, we were 500 years too late.



Nature Made offers more than 120 vitamin and mineral supplements, to help guard against a wide range of possible deficiencies. We also offer a complete line of multi-vitamins. As well as various sizes and potencies of Vitamin E and Vitamin C.

NATURE MADE. THE MORE YOU KNOW, THE BETTER YOU'LL FEEL.™

looking good

(continued from page 41)

irritation. Wash with an antibacterial cleanser. Dab affected area with a toner for oily skin, and spot-treat blemishes with an over-the-counter medicated tinted cover-up (Noxema's On-the-Spot is ideal). Choose oil-free, noncomedogenic moisturizers and sunscreens. Remove exercise clothes immediately; launder after every wearing.



Hair removal

We reviewed all the possibilities so you can choose the best-for-you method.

Shaving

Good for underarms, legs and bikini line.

Pros It's the fastest, easiest, cheapest form of hair removal. Forget the old myths—shaving won't promote darker, thicker or faster regrowth. Look for Norelco's Lady's Razor, Daisy Plus by Gillette and Personal Touch Razor by Schick.

Cons Stubble after a day or two. Small bumps and rashes are common (from improper lubrication, sensitive skin) as are nicks and cuts.

Depilatories

Lotions, creams and foams that chemically break down hair below the skin's surface so it can be wiped away. Good for forearms, stomach, bikini line, face (look for special gentle formulas for these areas) and legs. Check out Bain de Soleil Bikini and Leg Satinee.

Pros Leaves you with a smooth-as-silk finish. Regrowth takes a bit longer than shaving because this method removes hair from just below the skin's surface. Regrowth is also softer than razor stubble. It's simple to use and inexpensive, and the formulas have improved scents.

Cons You must do a patch-test first to see if you have an allergic reaction. Since chemicals stay on skin for five to ten minutes, the product can be irritating.

Waxing

Wax can either be applied warm (it's melted, then applied with a spatula) or cold (soft wax that you press on and peel off). Either way, the wax is pulled off against the direction of hair growth, removing hair at the root. Good for face, legs, bikini line, underarms, stomach. Try Zip Wax Hair Remover (hot) or Sally Hansen Hair Removal Wax Strips (cold).

Pros You'll stay sleek for three to eight weeks. Since hair is removed at the root, this method gives the smoothest results. Repeat waxing makes regrowth finer, sparser, softer.

Cons Hair must be fairly long for waxing—one-quarter to one-half inch long—so there's an awkward grow-in period. You can't wax directly after showering, or right before going in the sun or if you have a rash or broken capillaries. You can get a salon waxing, but it's expensive: legs cost from $25 to $50, a bikini wax, $10 to $25.

Hair-removal coils

The device is moved in a circular motion over the skin; it removes hair from the root. Good for legs. Look for EpiLady, Emjoi or Remington's Smooth and Silky.

Pros Skin's hair-free for about three to four weeks. Repeated use means growth will eventually become sparser and finer. You can remove hair when it's only one sixteenth of an inch long, so, unlike waxing, you can do quick touch-ups. It's easy to use, and there are now cordless models available.

Cons Coils pinch skin painfully, especially the first time. Coils are not for sensitive skin. Women with fine, sparse hair tend to feel less discomfort than women with thick, coarse hair. Generally the pain lessens the more you use the product.

week 4

TOO HOT TO HANDLE

Hair care becomes, well, hairy in the summer. Heat and humidity wreak havoc, and we end up with either limp, lifeless tresses or uncontrollable frizzies. How to cope? Our packed-with-style ideas are guaranteed to keep heads turning

Easy does it

A great summer cut can really make all the difference. It's a good idea to get an easy-to-manage cut that works with your hair's natural (continued)

LOSING WEIGHT by Cristina Ferrare



Cristina Ferrare: Slim and Looking Great!

"I lost 25 lbs. 3 months... nd I feel terrific!"

Cristina Ferrare

w I went from size 14 to ize 10."

Even when I was a model, I always worried t my weight. I tried all kinds of diets...but all left me feeling tired and depressed. This , I had a beautiful baby and in May I still 25 pounds to lose. Honestly, I didn't know if I d do it.

n I discovered Ultra Slim-Fast... us amazed how easy it was.

didn't feel like I was on a diet—never hungry eprived and I lost all that weight on the Ultra -Fast Program. I had a thick delicious Ultra -Fast shake for breakfast (hint: I make it in a der with ice), one for lunch, and a Slim-Fast ition Bar for a snack (the peanut butter ones great!), then a sensible dinner every night. We went out to my favorite restaurants.

us amazed at how energetic I felt.

ltra Slim-Fast is healthy and nutritious. Each e gave me an abundance of vitamins, minerals, ein, important fiber and carbohydrates. This itionally balanced program gave me all the gy I needed to keep up with my hectic sched- —and my four children.

est of all, I actually went from a size 14 to a size And I haven't felt this good since I was 22."



Cristina Ferrare may not be typical of the average Slim-Fast user. Most users need ess weight. Weight loss varies with the individual depending on a variety of factors.

Cristina's Diet Recipe = Ultra Slim-Fast + Imagination.

Cristina's Pina Colada

8 oz. skim milk
1 heaping scoop Ultra Slim-Fast Vanilla
1/4 cup pineapple
1/4 cup banana
3/4 tsp. coconut extract
1/4 tsp. rum extract
1 pack lo-cal sweetener
10-12 Ice cubes
Blend until smooth.

Mocha Creme

8 oz. skim milk
1 heaping scoop Ultra Slim-Fast Chocolate
1 1/2 tsp. instant coffee
1 1/2 packs lo-cal sweetener
10-12 Ice cubes
Blend until smooth.

CUT ALONG DOTTED LINE

© 1989 Nutrition Division Thompson Medical Company, Inc.

looking good

(continued)

texture or a perm — both make it possible to give your hair a break from daily blow-drying and styling-product buildup. If your hair is straight and steamy days make it stringy, try a crisp blunt cut. You'll get show-off shine that only your hair type can have and, if you apply a bit of gel to the roots, a lot more swing. Prone to the greasies? Switch to an oil-free shampoo and conditioner like Neutrogena Shampoo and Conditioner and Finesse Oil-Free Shampoo and Conditioner by



Helene Curtis. If your curly/wavy hair tends to go haywire, calm it with a moisturizing shampoo and conditioner like Revlon Internationals Latin American Curls, Perms, Waves Humectant Formula Shampoo and Conditioner. Clairol's condition* II Leave-In Intensive Treatment also helps minimize frizz. When poolside or at the beach, sleek hair back with an alcohol-free conditioner to prevent dryness and scalp burn. Use gel at hairline to lift hard-to-manage hair up and off your face. Try a hairband for classic control or sweep hair into a chic twist à la Holly Golightly.

Bright ideas

If you highlight or color your hair, minimize mishaps by treating hair to a post-swim shampoo with a product designed for swimmers. One to try: Ultraswim Anti-Chlorine Treatment Protective Shampoo and Conditioner by Chattem Consumer Products. (Incidentally, while chlorine can dry hair, it doesn't turn hair green—copper from the pool's pipes is to blame.) For more color control, grab a summer hat to shield you from the sun. Choose a natural-fabric style like a straw hat, cotton crusher or baseball cap.

week 5

BEAUTY AND THE BEACH

Summer makeup must be pared down—it also has to have staying power so you look terrific no matter how hot and humid it gets. Here, tips to take you through the season

Beat-the-heat kit

According to skin-care expert Lia Schorr, less is indeed more when it comes to summer makeup. You want barely-there products that enhance your skin's natural texture. The good news this year? The best hot-weather makeup also provides sun protection. Start with a lightweight tinted moisturizer so you can skip foundation altogether. Revlon's Eterna 27 HydraColor™ SPF 15 comes in three sheer tints: Skin Energizing Pink, Skin Warming Coral and Skin Enhancing Tawny. Oily skin requires a water-base foundation: Dot-apply with a cotton swab (only where needed) and blend with a sponge. Use translucent loose powder to control oil breakthrough, help makeup stay put, give skin a cool, matte look. Keep eye makeup simple. Pencils and



waterproof mascara offer no-smear solutions. As for lips, sheer, emollient lip color is best. Our picks: Revlon's All-Weather Lip Moisturizer SPF 15 (dual tone lipcolor and treatment in six shades), Maybelline Moisture Whip 15 Lipstick (waterproof, conditioning) and Cover Girl SunShiners Lip Gloss SPF 15.

No-risk tanning secrets

You can go for the bronze without going outdoors. The newest self-tanners warm your skin in two to three hours without staining—be sure to apply to clean, dry skin. Two to try: Revlon's Pure Radiance Self-Tanning Daily Moisturizer (for the face) and Bain de Soleil Exact Couleur Sunless Tanning Creme. Another option: Max Factor's California Bronze is a hypoallergenic, fragrance-free gel that leaves you instantly sun-kissed.

Show-off toes

Before you're in sandals full-time, get your feet in beautiful shape. Book a professional pedicure to give yourself a head start, then do at-home pedicures all summer. Revlon's Pedi-Care Kit provides all the tools you'll need. Here's a quick routine.

SOAK feet in warm, soapy water for five minutes to soften.

SCRUB heels, balls of feet, toes and toenails with a nailbrush to clean. *(continued on page 50)*



If you're concerned about cholesterol, see an expert.

Your doctor is the expert who can advise you what medical steps to take. Your Roman Meal baker is the expert who can help you with your nutritional needs. You see, at Roman Meal, we've always made our breads according to sound nutritional principles—not some passing fancy.

That's one reason why our breads have been low in fat and cholesterol-free for years.

In fact, we have joined an exclusive group of sponsors for the American Medical Association's "Campaign Against Cholesterol," a nationwide program dedicated to reducing the widespread incidence of America's cholesterol-related heart disease.

THE AMERICAN MEDICAL ASSOCIATION'S
CAMPAIGN AGAINST CHOLESTEROL

The "Campaign Against Cholesterol" distributes information to help educate people about cholesterol. Including the 48-page "ABC's of Cholesterol" booklet, which is written by Dr. Art Ulene and available on specially-marked packages of Roman Meal breads.

So the next time you pick up some Roman Meal bread, remember: we're not only part of the latest efforts against high cholesterol. We've been helping you fight it for years.

ROMAN MEAL

It's What's Inside That Counts

90 Roman Meal Company



The answer is one and the same.

Vaseline® Intensive Care® Moisturizing Sunblock Lotion gives you broad spectrum protection from UVB and harmful, burning UVA* rays. And its special moisturizers help prevent tightness caused by sun-dried skin.

Choose from a wide range of SPFs, from 2 to 25+. Each is PABA-free and waterproof.



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So for broad spectrum protection in the sun, get the sunblock that moisturizes.

Vaseline® BRAND Intensive Care® *Moisturizing Sunblocks*

*SPFs 8, 15 and 25+ protect against harmful, burning UVA rays.

looking good

SLOUGH off calluses and tough, dead skin with a pumice stone. Rub gently in a circular motion.

SNIP nails straight across. Smooth and round off edges with an emery board.

POLISH nails with a new summery color. (Twist a moist tissue and weave between toes to keep nails smudge-free.) Apply a clear base and two coats of polish.



Follow with a protective top coat.

Did you know that in summer, feet lose about half a pint of moisture a day through their 250,000 sweat glands? To fight foot odor, wash feet daily with a deodorant soap, and give shoes a twenty-four-hour breather between wearings. Use a moisturizing lotion on feet to counteract the drying effects of the sun. Follow with a deodorant powder—Dr. Scholl's Super Deodorant Foot Powder is ideal.

Making scents

Put away heavy wintry fragrances and opt for a summer-light scent such as a crisp, citrusy floral. A few of our favorites: Undeniable by Avon, CoverGirl's Navy, Luna Mystique by Gardenia Passion by Annick Goutal. Remember to apply fragrance sparingly in hot weather—the heat makes it twice as potent. You may want to wear a lighter form of your best scent—cologne or body splash—or try a long soak in a scented bath oil. Great news: Avon Bath Oil is super-soothing *and* works as a bug repellent!



week 6

MEMORIAL DAY PLAY!

It's unofficially summertime! You're in great shape, and you know the secrets for looking sensational all season. So don't let any disasters ruin a great time. Here's how to deal with all those typical summer problems, so you can have a ball!

Burning issues

It's easy to overdo the sun your first day out there, but there's nothing more unattractive (not to mention painful and dangerous!) than a bright red burn. If you're moderately burned (red, tender areas, itching), New York dermatologist Diana Bihova recommends, take aspirin, and apply moist compresses twice a day with Burow's solution (available over the counter at drugstores) and an over-the-counter steroid cream like Cortaid. Solarcaine's Aloe Extra Mist and Cool Aloe Plus Burn Relief Gel are two more temporary soothers. Drink lots of water; keep skin moisturized to inhibit peeling; don't use washcloths or loofahs until your skin is fully healed. Sprinkle cornstarch or baby powder on bed sheets to minimize friction and make sleeping more comfortable.

For a severe sunburn (red, swollen, glistening skin, painful blisters, fever, chills, nausea), see a doctor right away.

Jellyfish flash

Heading for the shore? Know the facts on jellyfish. The most common type is the moon jellyfish. It's clear and Frisbee-shaped, about eight inches wide, with no tentacles. Sea nettles are more bell-shaped than moon jellyfish; they're about three inches across and have tentacles that can stretch two to three feet. The Portuguese man-of-war, common to tropical waters (especially Florida), has a large bladder on top of its body and long tentacles, sometimes thirty feet long. Its sting is very painful and potentially deadly. Because the tentacles remain active for hours even after the man-of-war is dead, beware of a man-of-war that has been washed to shore—it can still sting you.

Reddening, pain, rash and blistering around the stung area are the most common symptoms, and it's usually not necessary to see a doctor. Run hot water over the affected area (as hot as you can stand). Meat tenderizer, which contains the enzyme papain, can neutralize the poison if you apply it in a compress. If you experience nausea or weakness, it could mean anaphylactic shock (a severe allergic reaction), and *immediate* medical attention is necessary.

Poison ivy league

This pesky weed grows everywhere. Breaking, bending or brushing aginst the leaves will release the skin-irritating resin. In fact, poison ivy *(continued)*


ban
WIDE SOLID
New Ban Wide Solid.
Our wide just got even wider.
ban
ban
ban
ban
IT'S A NEW WIDER WAY TO KEEP
THAT SHOWER FRESH FEELING ALL DAY.

A hundred and one places to be.





EMBROIDERED REVERSIBLE TANK, JACKET, GOLF SHORT AND WOVEN LEATHER BELT.

A wardrobe that can go the distance.



The six-piece wardrobe features an embroidered reversible tank shown at right worn with a gored skirt and sash. Tank also shown with a trouser pant and belt bag or jacket and golf short or straight skirt, accessorized with woven or natural leather belts. All six garments under $190.* Belts and sash range from $12–32.*

**(prices may vary at some locations.)*

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Clothes that fit your life.

For the location of the store nearest you call **1-800-72UNITS.**

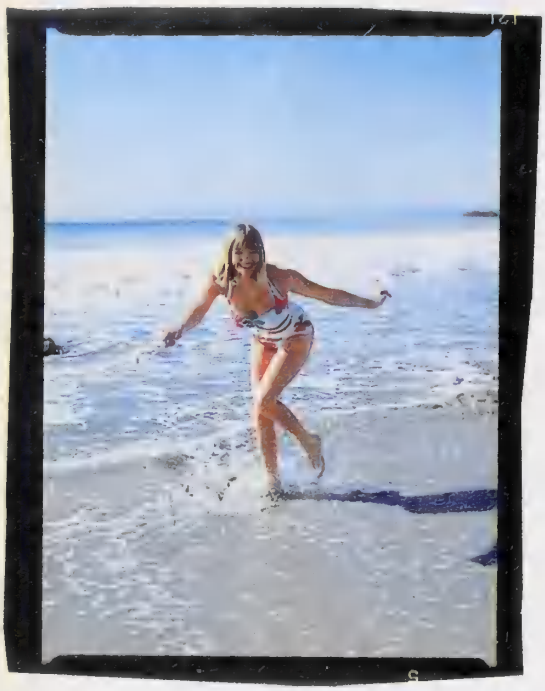


looking good

(continued)

doesn't even have to be living to cause a reaction — dead plants carry the resin, too, and it can be spread by animals and clothing (and smoke, if the leaves are burned).

To avoid contact, wear long pants and gloves while gardening, and cover up while hiking. Scrub hands well after gardening or touching an animal that's been outside. Wash any clothing you think might have been exposed to poison ivy—don't wear again until these items have been thoroughly cleansed.



If you've contracted a mild case, the blisters aren't infectious, and touching them *won't* spread the rash. Use calamine lotion or any other over-the-counter remedy you find soothing. Hilary Baldwin, M.D., recommends putting whole milk and ice cubes into a bowl, then dipping a clean cloth in the liquid and applying it to the affected area. For more severe cases, see a doctor, who will prescribe a topical steroid or an oral steroid like prednisone, depending on the location and severity of the rash.

Tick update

Be on the lookout once again for ticks. The deer tick (may be called the bear tick in some parts of the U.S.) is the carrier of Lyme disease; it's smaller than the head of a pin and therefore extremely hard to detect. Most people don't even realize they've been bitten until the symptoms appear, and even then they often mistake it for arthritis or ringworm. The classic first symptom of Lyme disease is a red, raised ring around the bitten area; you may also see a bite mark in the center. The disease can also show up as an even, red discoloration, a bluish discoloration or blisters. The disease can spread to other parts of the body. Later it can develop into arthritis, pericarditis (inflammation of the heart) and neuritis (inflammation of the nerves).

The dog tick is about a quarter inch across and easily visible. It's the carrier of Rocky Mountain spotted fever (RMSF). RMSF usually begins with a fever, headache and neck stiffness; later, a rash begins on the palms of hands and soles of feet and spreads toward the center of the body. RMSF can be life-threatening if it's not diagnosed and treated promptly.

To prevent exposure to ticks: When going into high-risk areas (woods, brush, grass), cover exposed skin with light clothing, especially arms and legs. Tuck shirt into pants, and pants cuffs into socks. Spray yourself and your clothes with bug repellent—any spray containing the ingredient DEET will do.

If you think you've been bitten, see a doctor immediately. Treatment for RMSF is tetracycline or chloramphenicol; for Lyme disease, tetracycline and penicillin. ■



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WHAT'S HOT ON TV

In an otherwise lackluster season, a teenage doctor and a middle-aged Marine broke ranks to become television's newest leading lights



AT EASE WITH GERALD McRANEY

By Jim Calio

"WHAT YOU SEE IS WHAT YOU GET." THAT SIMPLE, DECLARATIVE sentence is often used to sum up Gerald McRaney, the commanding presence on the CBS sitcom *Major Dad*. His best friends say it. His co-workers say it. Even the show's stagehands—who see actors at their best and worst—say it.

What they mean is that McRaney, forty-one, stands out in an era of actors who are more famous for their offscreen tantrums than for their work. This, folks insist, is a regular Joe, a guy who makes no outrageous demands and conducts himself in an old-school, Southern-gentlemanly way.

But not *too* gentlemanly. Take the way he went about meeting his third wife, Delta Burke, of *Designing Women*. When his agent asked if he was interested in guest-starring on Delta's hit show, McRaney, who had admired the former beauty queen from afar, jumped at the chance for propinquity. "After two and a half days of rehearsals, I knew what I wanted to do," he recalls. "I didn't know what *she* wanted, but I knew what *I* wanted. I asked her out the day we wrapped. And we've been together pretty much ever since."

On the air, McRaney plays a devoted husband, a crusty Marine major who marries a decidedly liberal newspaper reporter (Shanna Reed) in southern California. Major Dad becomes the stepfather to three frisky daughters, and the contrast between his play-it-by-the-book persona and Shanna Reed's more laid-back style creates the show's comic tension.

Lately, there's been quite a bit of tension in McRaney's real life, too. Burke, whom he married in a lavish ceremony in May 1989, has gained an estimated thirty pounds over the past two years. The tabloids clucked that she was overeating because her life was out of control—and that the weight would scuttle her TV role as the glamorous Suzanne Sugarbaker. It didn't—Delta even did an episode in which Suzanne made a moving speech decrying discrimination against the overweight.

The tabs kept up the pressure, however, claiming the marriage was in trouble and that McRaney was throwing her out.

Is any of it true? McRaney's answer is as curt as any real Marine's: "Rubbish." When asked to elaborate, he pauses, assumes an icy stare and says, "Just say that I love Delta more than I ever have, that I respect her more than I ever have, and anyone who says otherwise is a damn liar."

So are they happily married? "Affirmative!" says the major. The couple live in an elegant two-story home in Pasadena. As for kids, McRaney and Burke, who's thirty-three, haven't decided whether or when they'll start a family. "Delta would like to have some," he says. "But it is not on the calendar this month." He already has three children—twenty-three-year-old *(continued)*

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WHAT'S HOT

(continued) Jessica, twenty-year-old Angus and six-year-old Kate—by two earlier marriages.

The professional respect McRaney has been commanding of late has been years in the making. Born in Collins, Mississippi, the athletic, six-foot-two-inch actor played junior high football until a knee injury sidelined him. To fill his time, he began to act. By age nineteen, the avocation took over. McRaney dropped out of the University of Mississippi and eventually joined a New Orleans repertory company, before moving to Los Angeles in 1971. Unfortunately, McRaney found himself being typecast as a heavy.

Then came *Simon & Simon* in 1981, and with it a drastic change of fortune. It ran for eight seasons, making McRaney a celeb.

Despite all his fame, however, the Marines at Camp Pendleton—where McRaney perfected his "ten-hut" technique—think he's a regular guy. The soldiers serve as extras in the show ("No actor would get a haircut like that for one day's work!"), and they pack the audience for the Thursday-night filmings.

"He's the same guy he was twenty years ago," insists a longtime pal of McRaney's, Jared Snyder. "He's not impressed with big cars and houses. And you won't find him going to Spago for dinner. He prefers simple stay-at-home stuff."

As they say, What you see is what you get.



CBS

SHANNA REED'S "MAJOR" BREAK

By Dean Lamanna

For Shanna Reed, success came a lot faster than overnight; she landed the part of Polly Cooper, *Major Dad*'s free-spirited journalist wife, less than an hour after she auditioned. "I had only been home a few minutes when the phone rang," says the elegant hazel-eyed actress over a breakfast of bran muffins and hot cereal. "Normally, you have to wait ten days for an answer."

Since the former showgirl was a virtual unknown, the news proved cathartic. "I cried. I did. It was unexpected. I knew they were going after a name, so when they called, it was just a real release for me."

It was also a real career boost. Although she had worked steadily since her arrival in Los Angeles in 1981, her resumé consisted of a few forgettable TV movies, a role in the now-defunct *Dynasty* spin-off, *The Colbys*, and several other short-lived series. That *Major Dad* had a thirteen-episode on-air commitment from CBS made it doubly attractive to Reed, who already liked her character's "quirky, offbeat quality."

"I was very touched by the fact that she was a widow with three kids," says the native Kansan, whose father—himself a Marine—died in a car accident when she was seven. "I can understand what it means to have a second father come into the family."

Reed draws her inspiration for Polly Cooper from her own mother. "My mom's a survivor," says Reed, who's married to producer Terrence O'Hara and hopes to be a mother herself one day. "She taught ballroom dancing to make a little money, but I'm not quite sure how she managed."

Dancing was to become a part of Reed's life as well; at eighteen, her work in a two-show-a-night musical revue at a Phoenix theme park earned her a stint in *Folies Bergere* at the Tropicana Hotel in Las Vegas.

Roles in the first national touring company of *A Chorus Line* and a role in Bob Fosse's landmark musical *Dancin'* followed, but Reed was becoming more interested in acting. "It seemed the natural transition," she recalls. "I think it did have a lot to do with losing my father. There were unexpressed feelings that I could work through in acting."

Now she's flourishing in her new profession. Like McRaney, Shanna prepped for the job. To help flesh out her role, she spent a day at a newspaper. She stopped short of visiting Camp Pendleton, however. "I figured I'd wait until Polly became accustomed to being an officer's wife," says Shanna, "before introducing myself to the whole military system."

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WHAT'S HOT

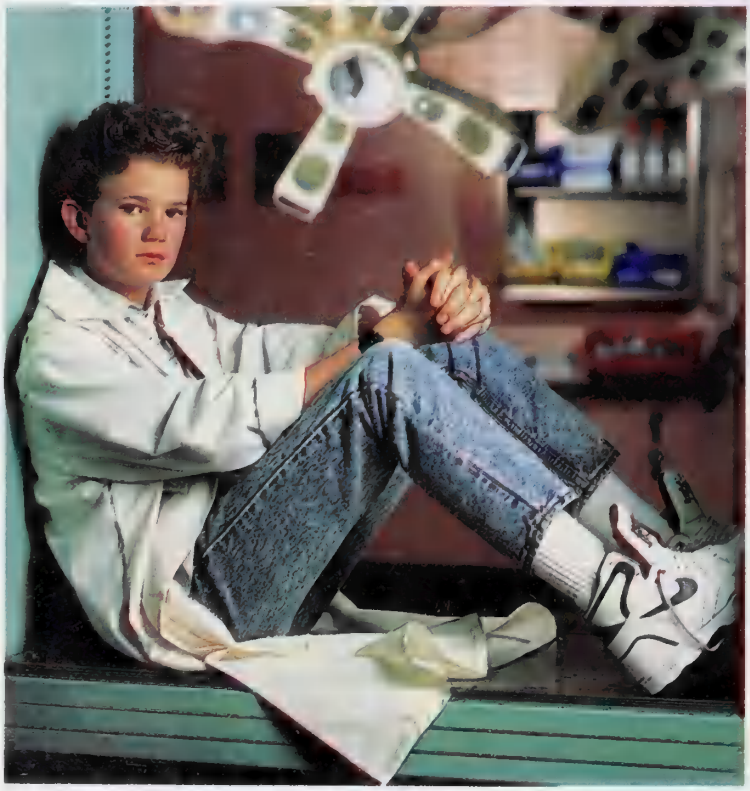
DOOGIE HOWSER'S NEIL PATRICK HARRIS WHAT'S UP, DOC?

By Curtis Pesmen

LIKE ALL BOYS HIS AGE, SIXTEEN-YEAR-OLD NEIL PATRICK HARris is perpetually hungry. Unlike them, however, he stars as the whiz-kid doctor on *Doogie Howser, M.D.*, so he gets to line up for lunch at the 20th Century Fox commissary instead of some high school cafeteria.

At the moment, he is lustily eyeing a particularly juicy hamburger and some thick french fries. But before he orders, he pauses: How would it look, this supposedly genius doctor chowing down on all that cholesterol? Conflict flashes across his face as the mature actor and the real kid in him fight it out. It's a draw: He goes for the burger and fries—but takes a green salad on the side.

Ah, the perils of prime-time success. *Doogie* is the closest thing to a hit among the new shows this season. The Steven Bochco (*Hill Street Blues*, *L.A. Law*) production is buoyed by Neil's engaging performance as a well-adjusted child prodigy. Like Kevin Arnold (Fred Savage) of *The Wonder Years*, he's an appealing boy-man. While he spouts medical jargon like a pro, he also loves his mom and dad, frets about whether to do the wild thing with girlfriend Wanda and tries to keep his constantly horny friend Vinnie under control.



Not bad for a freckle-faced blond who got his acting start in 1979 in Ruidoso, New Mexico, playing Toto in a grade school production of *The Wizard of Oz*. But that was then. Today he's an almost-famous teenager clad in jeans, his trademark high-top sneakers and a stenciled T-shirt under his unbuttoned oxford shirt that reads cryptically: IN SEARCH OF A P.P.R.

As Harris stabs some fries with a toothpick, his lunchmate asks about the message emblazoned across his chest. "Oh," he says, momentarily caught off guard. "This is wardrobe. It means in search of a Permanent Perfect Relationship."

Which leads to the next topic: girls. Or rather women. It's tough being a kid-adult. "Yes, I met a girl, and we're dating," he allows, having already learned to keep this kind of stuff close to the vest.

Neil's parents, Ronald and Sheila Harris, introduced him to serious acting in 1987, when they sent him to summer drama camp. There he was discovered by playwright Mark Medoff (*Children of a Lesser God*), and only one year later he co-starred with Whoopi Goldberg in the movie *Clara's Heart*.

Now that Neil has a regular gig, his parents have put aside their careers as attorneys in Albuquerque to manage his career. They live within walking distance of the studio, where Neil spends seven hours a day shooting and another three studying with a tutor. Neil's older brother, Christopher, a sophomore at the University of New Mexico, joins the family during vacations.

Unusual housing arrangements are not new for the Harrises. To get her law degree four years ago, Sheila commuted to the University of New Mexico Law School, returning on weekends to the Harris homestead in Ruidoso, a mountain town of 6,500 nearly two hundred miles away from her school.

Though the family enjoys California living, they know things could change as fast as a teenager's voice. Playing a prodigy could someday prove too much of a stretch. "We might have to refocus the show, to more of an ensemble cast," Neil says. "Especially when he grows a beard and starts to ride a Harley," cracks Bochco Productions exec Jim Gordon. For now, though, Neil is just trying to ride his role for all it's worth while navigating the obstacles of adolescence. ■

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E.J. Camp/Outline

LEE REMICK'S QUIET FIGHT

She was happily married and working on a new film when she found she was suffering from lung and kidney cancer. Now, she talks for the first time about her struggle with the disease

By Michael J. Bandler

Sitting on the sunny terrace of a plush L.A. hotel, Lee Remick still looks exactly like the well-bred Bostonian that she is. Elegantly patrician in a peach outfit that sets off her ice-blue eyes and crisp blond hair, the fifty-four-year-old actress is cool and collected—despite the fact that, for the first time, she's discussing her battle with lung and kidney cancer. Indomitable and undramatic, she says, "I don't want you to give me the Purple Heart. I just did my thing of determining to recover."

Lee has always been an independent soul. In 1953, despite her father's objections (he was a Harvard man), she dropped out of Barnard College to pursue acting. After a stint in live television, she won a role in Elia Kazan's 1957 classic, *A Face in the Crowd*. Soon after, she starred as a young temptress with such leading men as Paul Newman in *The Long Hot Summer* ("I was terrified, terrified") and Jimmy Stewart in *Anatomy of a Murder* ("He was very dear, making me laugh—he knew I was new"). Next she faced the challenge of playing an alcoholic wife in *Days of Wine and Roses*, for which she won an Oscar nomination.

During her eleven-year marriage to television director Bill Colleran, Lee had a son and a daughter. She met her second husband, British filmmaker Kip Gowans, on a movie set in Spain, and they've been happily together since 1970. The couple settled in Los Angeles in 1981, and Lee became *(continued)*

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something of a TV-movie regular, starring in *The Women's Room, Haywire, Mistral's Daughter* and *Nutcracker*.

She was in France filming yet another made-for-TV movie in early 1989, in fact, when she developed a fever she could not shake. "I would take my temperature every day and it would be a hundred and one degrees," she recalls, "and I didn't feel very good. But I was okay enough to get up every morning at six and go to work."

By the time the movie wrapped at the end of March, Lee knew something was seriously wrong. While heading to her second home on Cape Cod to prepare for her daughter Kate's wedding, she decided to see a doctor. He took X-rays, then broke the news: She had a massive tumor on one kidney, and some of her lung cells were affected.

The news was shocking; no one in Lee's family had ever had cancer. Still, she didn't break down. "I did have my moments of weeping—but not right then and there. When the doctor on the Cape told me what he'd found, my immediate reaction was 'Now what do we do about this?' " she remembers.

Three days later, she visited an oncologist. "I walked in with my ton of X-rays," Lee recounts, "and he said, 'I'm going to check you over and look at these pictures, but I've already booked you at the National Institutes of Health [in Bethesda, Maryland, near Washington, D.C.], because from talking to your doctor on the phone, I know what you've got—and Dr. Steven Rosenberg, who's at NIH, is *the* person who can help you.' "

Lee flew to Washington the next night and checked into the hospital. She got into the blue-ribbon program, she says, not because she was a star but because her condition fit the program's criteria.

Within hours, she was in the "drip"—a euphemism for a still-in-trial type of intravenous immunotherapy. In Lee's case, the aggressive, often painful treatment introduced two powerful medicines, interleukin-2 and alpha interferon, into the blood system to bolster her immune system's reaction to the cancer cells.

Lee calls the treatment "magic," and marvels at how Rosenberg "magically" the cancerous cells on her lung. That came at a cost, however.

"One is told about the side effects upon arrival at the hospital," she explains, "and they're not very jolly—but they're short-term. You gain fifteen to twenty pounds in three days—that's water. Your skin burns and peels off in sheets. The medication dries out your skin for some reason, and it creates itching—horrendous itching—which is the worst aspect of the whole thing. It comes from inside you—it's on the outside, but it seems to come from underneath, so you can't make it go away.

"Also, the treatment affects some part of your brain—you can't remember where you are or why you're there," Lee says, then hastens to make things seem less bleak. "But when they pull the plug out, the brain function returns immediately. Weight loss comes pretty quickly. The itching, especially after the second treatment, goes on for a couple of weeks, at least. The nausea isn't a problem—it's probably like having a very expensive peel." She then adds a dash of black humor: "It's a hell of a way to do it, though."

The first treatment lasted five days. Then, after a ten-day respite on the Cape, Lee returned for another session. Two months later she underwent surgery to remove the affected kidney and its grapefruit-size tumor.

"She was really extraordinary," the way she dealt with the whole ordeal, her husband, Kip, says. "The rest of us stood around and tried to be cheerful. She had to do it, and it was quite something to watch. Those good Yankee genes came to the fore with a rush. It was amazing." *(continued)*

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...nued) Lee insists her family the source of her strength. "They all so terrific and helpful," she "always there to leave the light d not to panic, not to fall apart." mother, once an actress herself, absolutely wonderful during my s," Lee says. Kip and Lee's two ren, Kate, now thirty-one, an au- and Matthew, twenty-eight, a wood sound technician, were fre- tly at her bedside.

her delighted surprise, fans also d around her when they heard was hospitalized with cancer. "I get mail every day and just an hour weeping," she recalls. uched me so! A lady from Germa- ffered me her kidney, and you tell she meant it."

ough firmly committed to tradi- l medicine, Lee did experiment such alternative techniques as vi- zation and imagery. "You can't nand over your body and say, 'You .' You do that *and* work at all alternative ways of thinking and ntration." She also listened to s that teach step-by-step relax- . "You picture walking down a en path and building a bridge to erfect place. You picture yourself well and healthy," she explains. "Your will can take over and make a difference as to how you recover."

She still has a checkup every three months. Although Avrum Bluming, M.D., her Los Angeles oncologist, has found no evidence of recurrence, Lee realizes that there are no guarantees when it comes to cancer. "I am told that it is gone," she says, "but I don't know that. I'll always be apprehensive of its return. If it's required of me to go every three months to have tests, that means there's a reason to have tests."

Lee admits that the test days are tense. "Fortunately, my doctor is so lovely and so sensitive to the way one feels about these things that I don't have to wait a day to get the results," she explains. "I'm out of there by, say, two o'clock, and by four, he's on the phone telling me it's all right."

She is not on any special diet or regimen, and her weight is returning to normal. Lee's even back to tending her garden—she cultivates sixty rosebushes behind her Brentwood home. But to some extent, she acknowledges, life will never be the same. "You become far more aware of how delicate it is, how it's not going to go on forever, how much today matters—every day."

Practically speaking, in her daily existence, Lee finds she's less driven. "I used to be anxious and eager—gotta do everything and be everywhere. Now I say, *don't* gotta! Don't gotta do anything! Except not hurt anybody else."

Ordinary things still annoy her from time to time, though. "Oh, sure," she says, "but less and less. You know how sitting in traffic can make you crazy sometimes when you're late? Well, now I think, so what? What am I gonna do—get there five minutes sooner? It's not important."

With regard to her career, Remick says she is "pretty much" satisfied with the direction it's taken. "One is never really satisfied," she explains. "We actors all suffer from the same degree of insecurity: Where is the next job coming from? Is the next one going to be really good, or just another movie?"

Having played teenage girls, young adults and middle-aged women, is she looking forward to playing women in their sixties and seventies?

"Oh, sure," says this polished pro. Then, raising her eyebrows, she adds mischievously, "But not for a while!" ■

Michael J. Bandler writes frequently about celebrities for LHJ.

For more on experimental cancer therapies, turn the page.



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NEW GAINS IN CANCER THERA

The experimental treatment Lee Remick underwent may offer for some cancer patients who have all but given up. Develop Steven Rosenberg, M.D., Ph.D., the noted chief of surgery a National Cancer Institute (NCI) in Bethesda, Maryland, the th harnesses a patient's own immune system and uses it to figl cancer. Called adoptive immunotherapy, the treatment consi introducing doses of interleukin-2 (IL-2)—a protein that's nat produced by white blood cells whenever the body is attacke illness. Part of IL-2's job is to turn certain white blood cells int (lymphokine-activated killer) cells, or killer cells, which figl such diseases as cancer. When a person is given extra amou IL-2, his body produces even more killer cells.

Unfortunately, high doses of IL-2 are very toxic—a few pa have died during treatment—with side effects that include retention, fever, chills, nausea, abnormalities in liver or k function, and difficulty in breathing. In an effort to make treatment as safe and effective as possible, doctors have producing LAK cells outside the body (using the patient's own blood cells) and then infusing them into the blood system smaller amounts of IL-2.

In the first clinical trial of this IL-2/LAK treatment on a patients in 1985, Rosenberg reported startling results: Of tw five subjects with advanced kidney cancer or melanoma (the serious type of skin cancer)—two conditions that are extre difficult to treat—the tumors of eleven patients shrank by al 50 percent, and one patient had a complete remission. How LAK cells are difficult to direct to a single target; they attack disease present, not just the cancer, so their strength beco less concentrated.

Since then, researchers have tested different doses and coml tions of IL-2 and other proteins produced by white blood cell cancer patients who cannot be cured by surgery, chemotherapy radiation. To date, adoptive immunotherapy has benefited a q ter of such patients.

Rosenberg has had his greatest success with a method involves extracting killer cells from the tumor site, multiplying t outside the body, and reinfusing them with more IL-2 and anticancer drug, cyclophosphamide. So far, this therapy has more effective and less toxic than others for advanced case melanoma and kidney cancer.

Doctors have also helped some patients with a combinatio IL-2 and another naturally occurring protein called alpha inte on—the therapy Lee Remick had. IL-2 and alpha interferon tog er seem to work better than either used alone.

Although adoptive immunotherapy is considered by the NCI t promising, experts say it is probably years away from widesp use. The therapy is still not fully understood: Sometimes it doe work at all; sometimes tumor shrinkage is temporary. It's costly and complicated. Currently, immunotherapy is available for patients who are in advanced stages of the disease and referred to a clinical trial by their doctors; these trials are ta place at a number of cancer centers nationwide. To find out m ask your physician, or call the NCI's cancer information num 800-4-CANCER.

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MY MOTHER, ELIZABETH TAYLOR



Motherhood wasn't always a day in the park for Liz, with young Michael and Christopher (right). But today she's still close to her kids—including Michael and Maria (below)



At thirty-seven, Michael Wilding is a successful actor who recently finished a stint as a wily art dealer on *Dallas*. He is also a happy family man, with a wife and baby boy. But to his frustration, he remains best known for something else—he's the son of Elizabeth Taylor, one of the world's most celebrated women.

"A lot of people do think of me in terms of my mother," says Michael, who has many of her striking features—especially those trademark deep-hued eyes. "When I say my name, they say, 'Oh, yes, *that's* who you are. You are your mother's son.' And I'm used to that. My mother is a very famous person. I certainly understand it. But I'm my own person. I have been ever since I popped out of the womb, with a vengeance. And that's been cool with my mother. I don't think she'd have it any other way."

The only one of Taylor's four children to go into acting, Michael insists he's never turned to Mom for professional advice. No handouts, no favoritism, no Passion-ate phone calls to friends from You-Know-Who. Take last year, when he landed a small part in a TV production of Tennessee Williams's *Sweet Bird of Youth*, in which his mother was starring. He swears he didn't tell her he was up for the role until after he got it. Michael—who played a Hollywood producer trying to get Taylor's character to come back to show business—appeared in one scene with his mother. Mom's reaction to his nabbing the role: "She was delighted," he says. "She thought it was a hoot."

Using Liz's influence would undoubtedly have saved Michael some grief starting out—and staved off some rather dreadful movie roles. (To this day, he can't bring himself to see one of his earlier films, *Deadly Illusions*, in which he played a psychopathic murderer.) "Whatever work I did was because the chips *(continued)*

(continued) were down," he says. "I need to pay the rent."

Michael learned such independence at an early age. His parents divorced in 1957, when he was only four, so he has few memories of their marriage—the second of seven for Liz. Although he lived with his mother, he remained close to his father, Michael Wilding, Sr.—one of England's greatest actors, who starred in the 1942 classic *In Which We Serve*. "He was a wonderful man," his son says. "I adored him." The senior Wilding died as a result of injuries from a fall in 1979.

Being Elizabeth Taylor's son meant constantly dodging the press—and controversy. Not yet divorced from Eddie Fisher, Taylor was called an immoral homewrecker when she began an affair with actor Richard Burton, who also was still married. At the time, she was also trying to adopt her daughter Maria, but the Vatican condemned the adoption due to the publicity of the affair.

Even as a child, Michael knew that his mother was under siege. "Everyone was taking potshots at her," he recalls. "People chose to get overly moral about what she was doing, and everyone and his cousin was standing up and saying that her affair with Richard was an immoral thing. I don't think it disturbed me." He was content to know that his mother was happy.

Michael could ignore the accusations and public judgments, but shaking the paparazzi was another matter. Wherever the family went, the press swarmed. "When my mother started having her affair with Richard, it was overwhelming," he says. "We were in Italy at the time, and [the paparazzi] were going wild. They were crawling all over the walls and around the villa." He laughs. "I remember once we were given permission to use the garden hose on the telephoto lenses that were peering over the wall."

Even after his mother married Burton—make that *especially* after she married Burton—Michael's childhood was one of constant travel and excitement. Taylor and Burton rarely stayed in one place. Wherever his mother (continued)

LIZ TAYLOR: LOOKING BACK ON HER TOUGHEST ROLE



Life in the fast lane, 1969: Maria, Michael, Christopher and Liza hit the road with Liz and Richard Burton

Parenting in the public eye isn't easy. And mixing Hollywood and motherhood can be downright disastrous—a fact that has always troubled Elizabeth Taylor. "I do worry about the effect of my fame on them," she said of her four children in her 1965 book, *Elizabeth Taylor*. "God knows, according to all the rules, my life should have been murder for them."

Of her kids, all are now parents, but only Michael Wilding has chosen an acting career. The others—thirty-five-year-old Christopher Wilding, a film editor, thirty-two-year-old Liza Todd Tivey, a sculptor, and twenty-eight-year-old Maria Burton Carson, a former model—lead intensely private family lives and rarely comment on their movie-star mom.

"I admire my kids as people," Liz has said. "They're individuals with individual lives. I regard and respect their privacy as much as I do my own. I would never drop over to their house without calling, and they call before they drop over here. It's a mutual respect. I think because of that, we're much closer. They know I'm here, and they're free to call me whenever they want to. We're very good friends."

Taylor's seven marriages and globe-trotting career at times distracted her from her kids. "Maybe I didn't let my children know how much I loved them or needed them," she once told *LHJ*. Now, as they raise their own families, they've given Liz the opportunity to reflect on the maternal role. "I watch my children with their children, and I think they're better parents than I was when I was a young mother. But I'm a better parent now than when I was younger," she said.

Her kids seem satisfied with her efforts, however. When *LHJ* contacted Christopher, Liza and Maria through Taylor's longtime publicist, Chen Sam, they sent back one brief message through her: "We love you, Mom."

—DEAN LAMANNA

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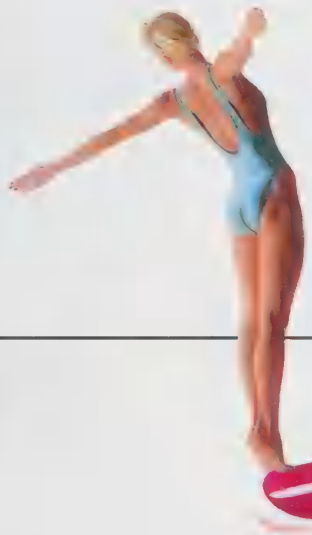
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(continued) and stepfather worked—Rome, Mexico, California—Michael and his siblings joined them on the set. For the young boy, life was a grand, exciting carnival.

"One of the first sets I remember in great detail was for *Cleopatra*," says Michael. "The entire city of Alexandria was re-created in Italy, where filming was taking place. For a kid just seven or eight, it was a fantasy. It was this huge fantastical playground. I always had an incredibly vivid imagination and would act out scenarios by myself or rope my brother and sisters into imaginary games. You know, Romans and Egyptians and all that kind of stuff. When they weren't shooting, we'd crawl around and explore the sets. It was wonderful for a kid—watching all that stuff unfold." During that time, Michael decided to follow in his family's footsteps and become an actor.



Michael Wilding and his second wife, actress Brooke Palance, had a son—Liz Taylor's seventh grandchild—last year

Although they had their differences, Michael says Burton was his favorite stepfather. "He had a temper, they both had tempers," he recalls. "I've got a temper, too. But he was a very good stepfather. He was never unreasonable. He had a pretty impressive voice, and when he got mad, it was *really* impressive. It stopped you in your tracks: 'MICHAEL!' " He laughs.

As Michael entered his teens, he grew restless. Eager to establish an identity separate from his famous parents, he adopted an "offbeat" lifestyle and spent some time in India. He then returned to England and formed a rock band, sharing a sparsely furnished London flat with friends. When neighbors began complaining about the loud music, Wilding and several friends of his moved into a run-down farmhouse in the Welsh countryside. The British press called it a "hippie commune," but Michael insists that's a gross exaggeration.

"I got into some things," Michael says of the time, "but it was never malicious. It was just because I was trying to establish my own identity." In 1974, while still in Wales, he established a police record, too. He was convicted for marijuana possession and the cultivation of the weed. American immigration laws barred aliens with drug convictions from entering this country, but in 1987, Liz's former husband, U.S. Senator John Warner, introduced a private bill granting Michael temporary residence. (The bill passed and was signed by President Reagan.)

Did his mother have problems with his youthful independence? "I think because I was very strong with the way I lived my life and believed in what I was doing, she admired that. She was fully supportive. She never thought of it as being snubbed in any way."

Like his mother, Michael married young. He and his first wife, Beth, were wed in a ceremony in London when he was only seventeen. They had a daughter (making Liz a grandmother at age thirty-nine) and divorced two years later. He also has a daughter with a woman from the Wales farmhouse.

After the unsuccessful marriage, Michael was quoted as saying he never wanted to marry again. He denies he ever said it. "My mother said that a few times," he jokes.

Michael insists that, despite her wealth of experience in the area, Liz has never offered advice about marriage. "I think she's really been respectful of my choices," he says. "She's had her own problems with marriage, I guess. She's certainly gone through a lot."

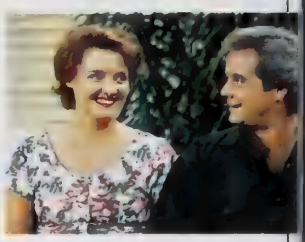
Now Michael is married again, this time to actress Brooke Palance, daughter of actor Jack Palance. The couple, who live in Los Angeles, had their first child last July, a blue-eyed boy named Tarquin. The baby is Liz's seventh grandchild. Michael says Liz is thrilled.

As for his career, Michael says he's yet to be completely satisfied with any of his work, and would like to do more theater. And what does Liz think about her son's acting career? "She's proud of everything I do," he says.

Just like a mother. —PAMELA LEIGH

MY MOTHER, LUCILLE BALL





Family tree: Lucie and Desi, Jr., with Mom; Desi married ballerina Amy Bargiel (right) in 1987

Lucille Ball's two children are often asked to reminisce about their famous mom—and they find it tricky. While on *The Joan Rivers Show* recently, Lucie Arnaz called her mother "a control freak" who "had to be in charge twenty-four hours a day." Headlines followed. The flak stung the thirty-eight-year-old actress, who insisted that she did love Lucy.

Desi Arnaz, Jr.—perhaps made cautious by his sister's experience—has nothing but fond words for Mom. He insists that Lucy helped him overcome the drug and alcohol addictions that beset him in his teens. "Mom was very supportive. For that I'm forever grateful," says the thirty-seven-year-old, who now lives in Nevada and serves as a spokesman for the New Life Foundation, a nonprofit self-development group. "My relationship with my mother was very special, and her love and support made me very happy."


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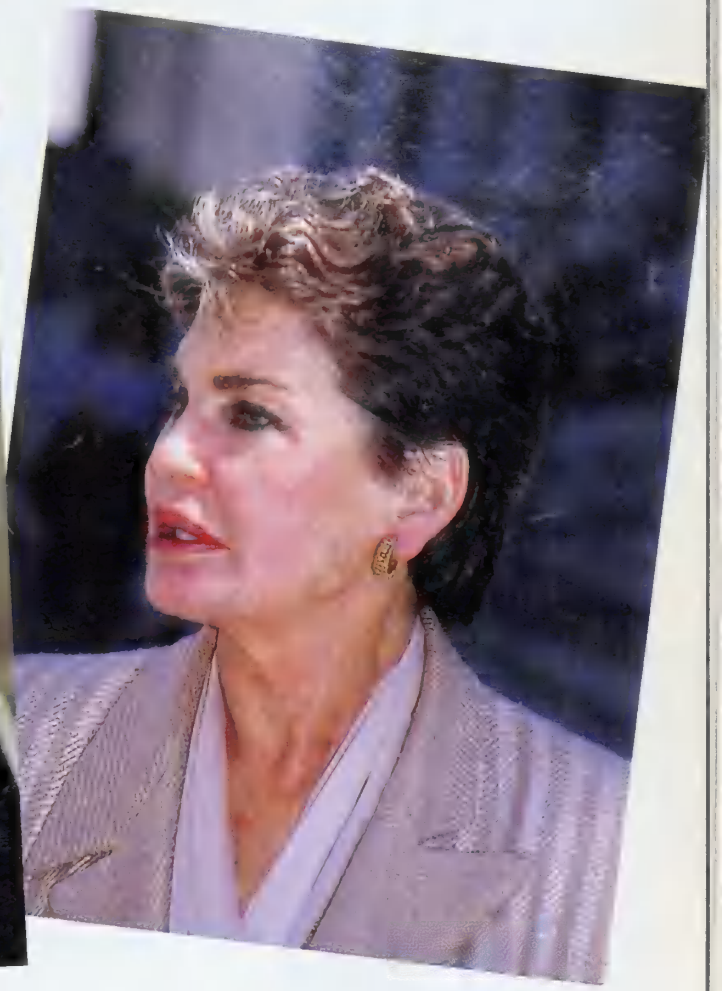
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in the news



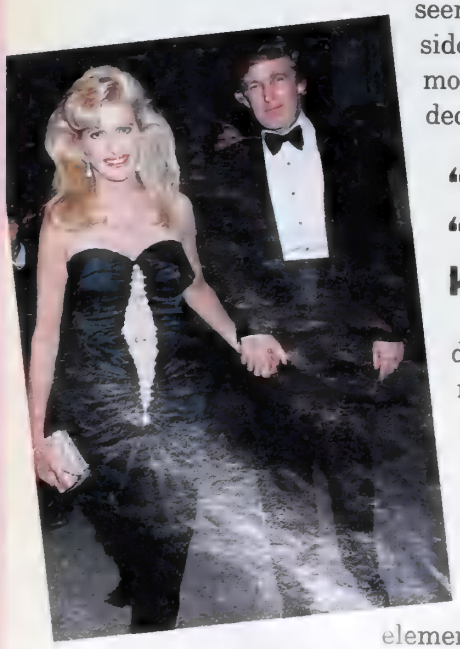


IVANA'S heartache

By Glenn Plaskin

Ivana Trump didn't get any red roses from her husband for Valentine's Day this year. Instead, on the holiday that's supposed to celebrate true love, she received a tacky bouquet of tabloid headlines about the breakup of her marriage to dealmaker Donald Trump: LOVE ON THE ROCKS. IVANA BETTER DEAL. GIMME THE PLAZA. DON JUAN!

Still, Ivana could take solace: The public seemed to rally to her side in the hottest matrimonial meltdown of the decade. Since the gilded duo who branded their name on everything so typified the go-for-it eighties, it was only fitting that Trump, the Scandal, was the gaudiest gossip of all. Every element of a good trash novel was there: the Bosomy Young Starlet, the Wronged Wife, the catfight in a chic resort, the three adorable children, the whispers of a Dark Past (on her side) and of a Love Nest (on his). After devouring every detail in print and on TV, the common folks threw their support to Ivana. As she left a forty-first-birthday lunch given by her girlfriends, one onlooker shouted, "Take him for all he's worth!"



There's no doubt that Trump is worth plenty—$1.7 billion by some accounts and up to $5 billion by his own generous estimate, with an empire that includes the Trump Shuttle, three Atlantic City casinos and the landmark Plaza Hotel, of which Ivana is president. But the swashbuckling entrepreneur wanted to give his wife a mere $25 million of his fortune—the amount they had settled on in an updated prenuptial agreement. She could have the estate in Connecticut and custody of their children, Donald, Jr., twelve; Ivanka, eight; and Eric, six. But he wanted to keep almost everything else for himself—the $29 million yacht, *The Trump Princess*; the 50-room Trump Tower triplex; the private 727 jet; the Puma helicopter; and the 118-room Palm Beach estate. Ivana held out for more.

"There's a lot of luck involved," Ivana says wearily. "You date a person and get married, but you never know them completely."

Over the past year, I've interviewed Ivana twice—and The Donald at least ten times. I have great affection for both. He's like a big kid, wowed by adulation and impatient for the next high; she's just crazy about him, vulnerable to *(continued)*

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(continued) criticism and sentimental. At one point last year, when I was talking with her in her Plaza office, she proudly showed off her sapphire-and-diamond earrings, "an anniversary gift from Donald." She also displayed her "little wedding ring," a relatively modest diamond. "It's not too big," she said, "but I'm doing very well with it."

Sadly, she wasn't, and since the split, Mrs. Trump has come down with an understandably bad case of the money-can't-buy-happiness blues. When I spoke to her right after the news broke, she was subdued and quiet, crushed by the abrupt departure of the man she adored—and "determined to be a lady" in the face of all the sensational coverage she was getting.

"I don't know if I had *everything*," she told me wearily. "We had wonderful children, houses, wealth. But there is a lot of luck involved. You date a person and get married, but you never know them completely."

Some Trump-watchers thought they knew enough about him to say that after almost thirteen years of marriage, the forty-three-year-old billionaire appeared to be having a mid-life crisis. He met the Czech-born Ivana, an Olympic-level skier, in Montreal in the mid-1970s, when he was just another Manhattan millionaire trying to become one of the city's real estate giants. The effort took years, and Trump may have decided that after so much work, he was entitled to play.

His recreation appeared to have taken the form of a "friendship"—or more—with Marla Maples, a twenty-six-year-old blond model whom New York tabloids quickly dubbed "the Georgia peach." Maples, who has played bit parts in movies, is as down-home as Ivana is uptown, a perpetually smiling beauty-pageant contestant who posed wearing denim hot pants and spike heels for a ceramic-adhesive ad. Trump reportedly met her in mid-1987 at a party, and the two were soon seen at boxing matches in Atlantic City. (He later was said to describe her as "so much better than a ten, you can't believe it.")

According to gleeful news reports, he kept a black limo at her disposal, she lived at the St. Moritz hotel courtesy of Trump, and he'd even told her he would marry her. The couple were also said to have worshiped occasionally at the Marble Collegiate Church on Fifth Avenue, where Trump and Ivana had their wedding. (After the Trumps separated, however, Ms. Maples was much less in evidence: She was reportedly secreted by Trump in assorted hideaways, and Marla sightings became almost as frequent—and as believable—as Elvis sightings.)

Showdown at Aspen

Ivana is nothing if not practical; by her own admission, she entered into a brief marriage of convenience in the early seventies so she could leave Czechoslovakia. But she wasn't prepared to put up with the aristocratic commonplace of a husband having a mistress. Gossip columnist Liz Smith, who broke the story of the breakup, said Ivana was "devastated that Donald was betraying her . . . Intimates say Ivana had every chance to continue being Mrs. Trump by allowing her husband to live in an open marriage so he could see other women. But the bottom line is she won't give up her self-respect to do it."

So at a trendy Aspen restaurant last Christmas, dozens witnessed a dramatic confrontation involving Ivana, Trump and Marla—a confrontation that would change their lives forever.

According to bystanders, Maples asked Ivana, "Are you in love with your husband? Because I am. I love him, and if you don't, why don't you let him go?"

Ivana exploded. "You'd better stay away from my husband," she snapped, "or *else*."

Appalled by the insolence of the actress, Ivana, according to one report, "was cursing at Marla, and she couldn't pronounce her name right. She was calling her *Moolah*." Trump was silent until the argument ended and then told Ivana, "You're overreacting."

Sadly, she wasn't.

To reporters and close friends, Trump had seemed to be sending up trial balloons about a divorce for months. When I spoke to him last November about Mike Tyson and the heavyweight's divorce from actress Robin Givens, Trump said something revealing: "Mike won the alimony case against Robin. And this has been the case with champions. The champ can do no wrong . . . *an interesting lesson for me*."

When I asked him, in the same interview for *Playboy*, whether marriage meant monogamy, he said, "I don't have to answer that."

But, I asked, do you enjoy flirtations?

"I think any man enjoys flirtations, and if he said he didn't, he'd be lying."

Even in his P.M. (pre-Marla) days, Trump had relished his reputation as a ladies' man; his name was linked with ex–*Dynasty* actress Catherine Oxenberg, model Carol Alt, Olympic ice skater Peggy Fleming and Robin Givens. (All have denied, with varying degrees of intensity, a relationship with Trump.)

During the past year, Ivana herself seemed all too aware that her days as Mrs. Trump could be numbered. One sign of her insecurity was her obsessive attention to her appearance. "I never intend to look a day over twenty-eight," she once joked, "but it's going to cost Donald a lot of money."

And so she cast off her lacquered hairstyle, her red lipstick and her overly pouffed ballgowns. The new Ivana used the same soft colors in her makeup as in her Trump Tower living room—honey, blush and beige. Her eyebrows were lighter, and her long blond hair fell more naturally around her face. It was also rumored that she had undergone extensive plastic surgery—in an effort, some said, to imitate the facial features of Catherine Oxenberg.

Wife or partner?

But a mere change in his wife's physical appearance apparently wasn't enough to satisfy Trump. "Our paths have just grown apart," he said. "That happens."

"When a couple says they are growing apart," Dr. Joyce Brothers observes dryly, "what they usually mean is that their partner of many years no longer accepts them uncritically."

In fact, Ivana's growing independence was a painful reality to Trump—and may very well have been a factor in his leaving her. No longer was she the docile woman who once said, "I'm a very traditional European wife . . . I have to have a strong man." Instead, she had increasingly come to view herself as his partner.

Trump told a reporter that his wife's "arrogance" had been growing worse in recent years. "The bottom line," he said, "is I don't want to create another Leona Helmsley." Not surprisingly, Helmsley, the other New York hotel queen, came to Ivana's defense. "I wouldn't believe Trump if his tongue was notarized," she says. "And he owes her *(continued on page 223)*



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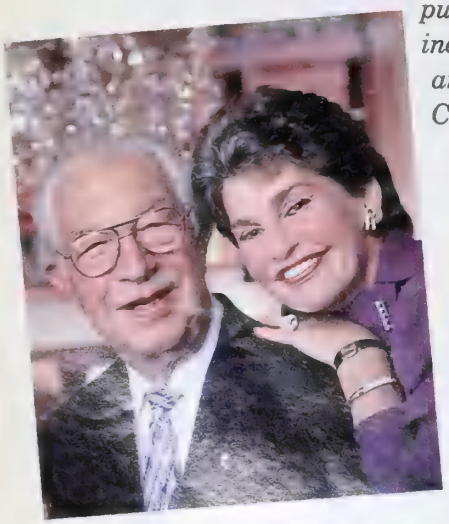
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LEONA'S *lament*



The newspapers tabbed her "The Queen of Mean," and even her own lawyer called her "a tough bitch." Steely-eyed Leona Helmsley never won popularity to match her power as the wife of billionaire realtor Harry Helmsley—he has a stake in the Empire State Building, among other things—and her much-publicized regency over twenty-six hotels. Last summer she was convicted of evading $1.2 million in federal income taxes, by disguising purchases for herself—including underwear—and her $11 million Connecticut mansion as business expenses. (After suffering several strokes, Harry was found unfit to stand trial.) In the most sensational testimony of the proceeding, Leona was said to have sneered to an employee, "We don't pay taxes. Only the little people pay taxes." The little people got their revenge, cheering last December when a judge sentenced her to four years in jail and a $7.1 million fine. "Four years—you should have gotten more," one man shouted. This off-with-her-head attitude, though cruel, was perhaps not surprising. The woman who crowned herself royalty in her own ad campaign was infamous for riding roughshod over her subjects and her family, too: After her only son died without a will, she sued to claim most of his estate, leaving her four grandchildren with just $432 each. Now she faces state charges of income tax evasion while appealing her federal sentence. If the appeal is rejected, she will have to exchange her designer gowns for prison khakis, and she will probably do her time at a Connecticut prison that's just thirty miles away from the Helmsley estate. How does the queen feel after being dethroned? Here, in an exclusive interview that's most revealing—not always in ways she intended—Leona speaks out about her fall. —The editors



"Harry is the only thing that matters in my whole life. When we married, I had a million dollars, and I gave it to him."

By Cindy Adams

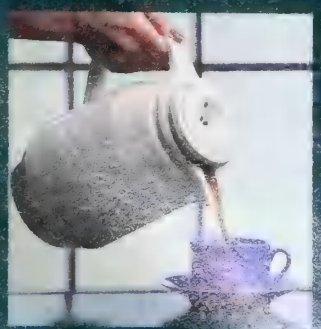
She is notoriously not shy about opening her mouth—to her employees. But ever since she was indicted in 1988, Leona Helmsley has kept silence with the media. This is her first interview. She and I have known each other for years, and they weren't always good times. We didn't always speak to each other. But on this particular day, we spoke for three hours. Most of the time, she was flooded with tears. This seventy-

(continued on page 85)


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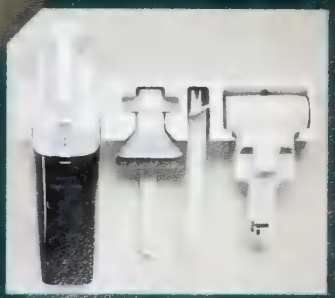


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BLACK&DECK

(continued from page 80) year-old lady in the pink Valentino suit, sitting in her Central Park South duplex apartment with the indoor swimming pool and the gold-leaf Buddha and the housekeeper and the cook in the kitchen—is she scared of going to jail?

"Who wouldn't be scared?" she says. "I'm against a whole government that built a case on my personality, which they said was a horror. And it's snowballing. My stomach is in knots. I don't sleep. I go to bed at nine-thirty. Two hours later I turn the TV on and watch without seeing. I'm awake all night. I finally get up at six. If I start to think, it's frightening."

Deposed royalty

In the old days, Harry and Leona Helmsley graced every VIP gala in the city of New York, lent their names and powerful presence to every important event. I asked what life was like for them now.

"It's rare that we go out," Leona says. "The one time we did, it was a cruel experience. A restaurant customer shouted at me. In the city, we stay in, just the two of us. Weekends we go to our house in Connecticut, and there we can walk outdoors a little. It would be very nice to have some people in and enjoy it more than we have, but that's denied us for now. Some people have stayed our friends. Others have not.

"And the attention has been unprecedented. Who am I that the press is so hungry to get me? I'm getting mail from all over the world addressed to 'Leona Helmsley, USA.' I don't understand the whole thing. We were visiting a friend in the hospital, and one man there wished me luck. Then he turned to Harry and said, 'And I wish you luck, too, Mr. Leona.'

"Work would help, but that's been taken from me, too. I go to the office, but not as frequently as I'd like. Mornings I exercise for about two hours. I get a lot of my frustrations out that way. After that, my Harry and I have breakfast. And for much of the day we're home. We watch TV. Mostly it's me on the news."

"I only know I am not going to jail. I'm innocent," Leona says heatedly. "I have done nothing wrong."

And Harry B. Helmsley? The eighty-one-year-old real estate giant who built the multibillion-dollar empire and the hotels that bear his name? Since his health has been a factor in this case, I asked if he still goes to work. In a voice so low that my tape recorder barely picked it up, his wife said, "He has memory lapses. He's frail. I don't understand it, but doctors everywhere, including the Mayo Clinic, concur he's impaired in some way. A therapist from the Rusk Institute comes over to treat him daily. He doesn't go anywhere on his own. I'm always with him."

Do they talk about the case? "Never. It raises havoc. He feels helpless. He says this is incredible what's happening to us. What are we doing in this position? How did we get here? He doesn't understand, I don't understand. I only know he is not as strong as he used to be. They've taken two good citizens and literally destroyed our lives."

Jailhouse jitters

Despite her image as a tigress, Leona admits she has few reserves of strength to call on if her appeal fails and she has to go to prison. "It would be another nightmare. At Harry's age he needs me. Actually, we need each other. I couldn't leave Harry. Forget *my* life, *he* wouldn't make it. It wouldn't work with someone else watching over him. Who'd sleep with him and get up when he's restless through the night? I know when he's sleeping and when he's not. I reach out my hand to him.

in the news

"As for me, everybody thinks I'm self-assured. I'm so insecure that when I enter a room I'll lay back until I see a friendly face. I may not want them fifteen minutes later, but right then I need them. So I don't have reserves.

"But I am not going to jail," she says emphatically. "I am not going to jail. I don't know what I might do, but I am not going to jail.

"The other day my youngest grandson, who's thirteen, was trembling. He knows what's happening. He cried, 'Do they mean a *real* jail? A jail with bars on it?' It's not easy to deal with that."

Little Leona

Who *is* this woman the media loves to hate? Where did she come from? She and her brother and sister grew up in Brooklyn, the children of a hatter. The young Leona experienced the hotel business early and at a much lower level than she would later know: The parents she adored took in boarders.

"We were a nice, wholesome family," she says, dabbing at her eyes. "We'd sing on the boardwalk in Coney Island. But we were up against it because my father was not well. He had a heart condition.

"At age eight I worked the Eskimo pies and jelly apples in our candy stand for three cents a day. When a boy came along with a girl, then we charged a few cents more." She adds defensively, "It wasn't cheating.

"We had a house full of love. Nobody could sit and eat their breakfast until Papa put the first bite in his mouth. There was respect. We all had to help out at home. I even caddied at a miniature golf course. I had my hair short and wore my brother Alvin's pants. Everybody thought I was a boy. I gave all my money to my mother; I never bought myself anything. From the pennies, the first thing we would do would be to save for Mother's Day. They didn't have Father's Day at the time. I was a good skater, and once when I wanted skates, I saved money. But just before I got them, Mama took my dollar fifty because she needed it.

"My birthday present was the parasol that comes stuck in Chinese food. But I didn't feel that I was a deprived child. We weren't rich, but I didn't know we weren't rich. I was a happy child . . . except there was one point when Papa really couldn't afford to keep us all, and I was the one that went to live with an uncle.

"I was an excellent student, but I quit high school to work full-time. My best subject was English." Thinking of her tax troubles, Leona laughs for the first time today. "It *wasn't* math."

But the little girl from Brooklyn was determined to become something. "I adored my older sister, who was a model, so I wanted to be a model. But I didn't have high heels or a dress to look for a job. I wore Sondra's shoes, stuffed them and put lifts in to make me taller—I nearly crippled (continued on page 225)

SPRING BOUQUETS



Create a glorious array with the season's beautiful blooming bounty. Here, two expert floral designers show you how

By Carolyn Noyes

COUNTRY CHARM

Do you believe in magic? Flower power can lift your spirits instantly! Case in point: a riotous rainbow of wildflowers tumbling from a roomy wicker picnic basket. If you prefer a smaller display, try a vintage tin coffeepot or a homey ceramic pitcher







NYC designer Sylvia Greenbaum began by placing two flowerpots side by side in a spacious wicker basket. ■ She then put water-soaked blocks of florist's foam into each pot to support the stems. ■ Sylvia followed a definite order: She created a focal point by inserting one large amaryllis at the inside edge of one pot. ■ She then worked by height, clustering short-stemmed daffodils and pink daisies toward the front, along with white heather, maidenhair fern and filler greens. ■ Next, medium-height poppies and bachelor's buttons were placed among the short clusters. Larkspur, Queen Anne's lace, thistle and bear grass stand tall in the background. ■ For a finishing touch, Sylvia laced grapevine tendrils through the basket cover.


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Does your taste run to crystal and silver? Then fashion a refined arrangement with lush, richly colored blossoms

CLASSIC ELEGANCE

The most traditional shape for a floral arrangement is a perfectly proportioned triangle, and you can create any mood you like by varying the types of flowers you use. Here, exotic tulips and vibrant roses in a stately urn look upper-crust, but you can go for a more casual ambience with daisies, pretty pastel tulips and bold black-eyed Susans







NYC designer Paul Bott chose long-stemmed cluster flowers—cherry blossoms, delphinium and jacaranda roses—to outline the triangle shape. He placed the stems in a foam base, using the tallest delphinium to form the peak of the triangle. ■ He then filled in the triangular silhouette with lilac and snowball hydrangea. ■ The biggest, fleshiest blooms—black parrot tulips, flame French parrot tulips, Canterbury bells, fire-and-ice and gold rush roses are placed front-and-center to give the arrangement luxurious fullness. ■ When cutting stems, use a sharp knife; scissors crush the ends, making it difficult for flowers to absorb sufficient water. ■ Paul's expert tip for flowers to be set in a foam base: Stand flowers in lukewarm water for a few hours. Then remove from water and refrigerate overnight. This helps the blooms store water.



SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

© 1989 R.J. REYNOLDS TOBACCO CO.



Flowers delight the eye and soothe the psyche: This seemingly carefree nosegay of sunburst shades is actually artfully created, bloom by beautiful bloom

SOMETHING WILD

The ideal centerpiece for a relaxed Sunday brunch table, this airy, unfussy arrangement imitates flowers growing wild in a field. Poppies and tulips work especially well with this design: After sitting pretty for several days, their stems soften and the flower heads droop, giving the arrangement an even freer feeling







Paul Bott's creativity is easy to copy. He started with a simple square glass vase and stacked several stems in a crisscross pattern to make a support base for the filler flowers. Making an X shape is a good idea when using a see-through vase—the flowers will *look* randomly placed and you won't need unsightly foam. ■ Alternating left and right sides, Paul used the longer-stemmed flowers to form the X and then placed the shorter-stemmed flowers in the middle. He put a few long stems among the short stems for added drama. ■ To extend the life of fleshy-stemmed flowers, condition them the day before to retain more water: Pick off low-hanging leaves. Wrap flowers in plain white paper for support (leave ends exposed) and stand in cool water for two hours. Remove from water. Keep flowers wrapped, and refrigerate overnight.

GOOD NEWS FOR EVERYONE WHO'S BORED WITH OAT BRAN:



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How much better? Well, an independent laboratory found, S&W red kidney beans have 50% more total dietary fiber than oat bran. And they were richer in *soluble* fiber, too.

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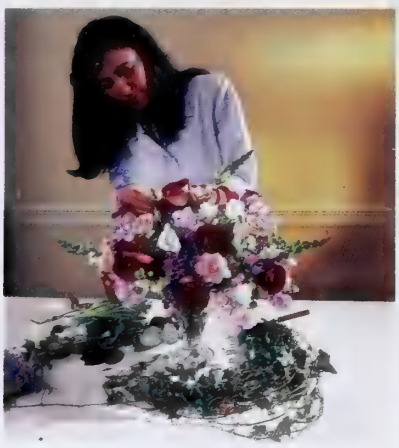
Every hopeless romantic knows a rose is a rose is a rose—a sweet, sensual, utterly irresistible symbol of amour

VICTORIAN SPLENDOR

Love is like a red, red rose . . . but a rose is pretty in soft shades of pink and peach, too. The British knew how to showcase these budding beauties—by combining them with climbing English ivy and fragrant lilac—one of the first joys of spring. Display the elegant bouquet in a fancy crystal vase beside a love seat or a big brass bed

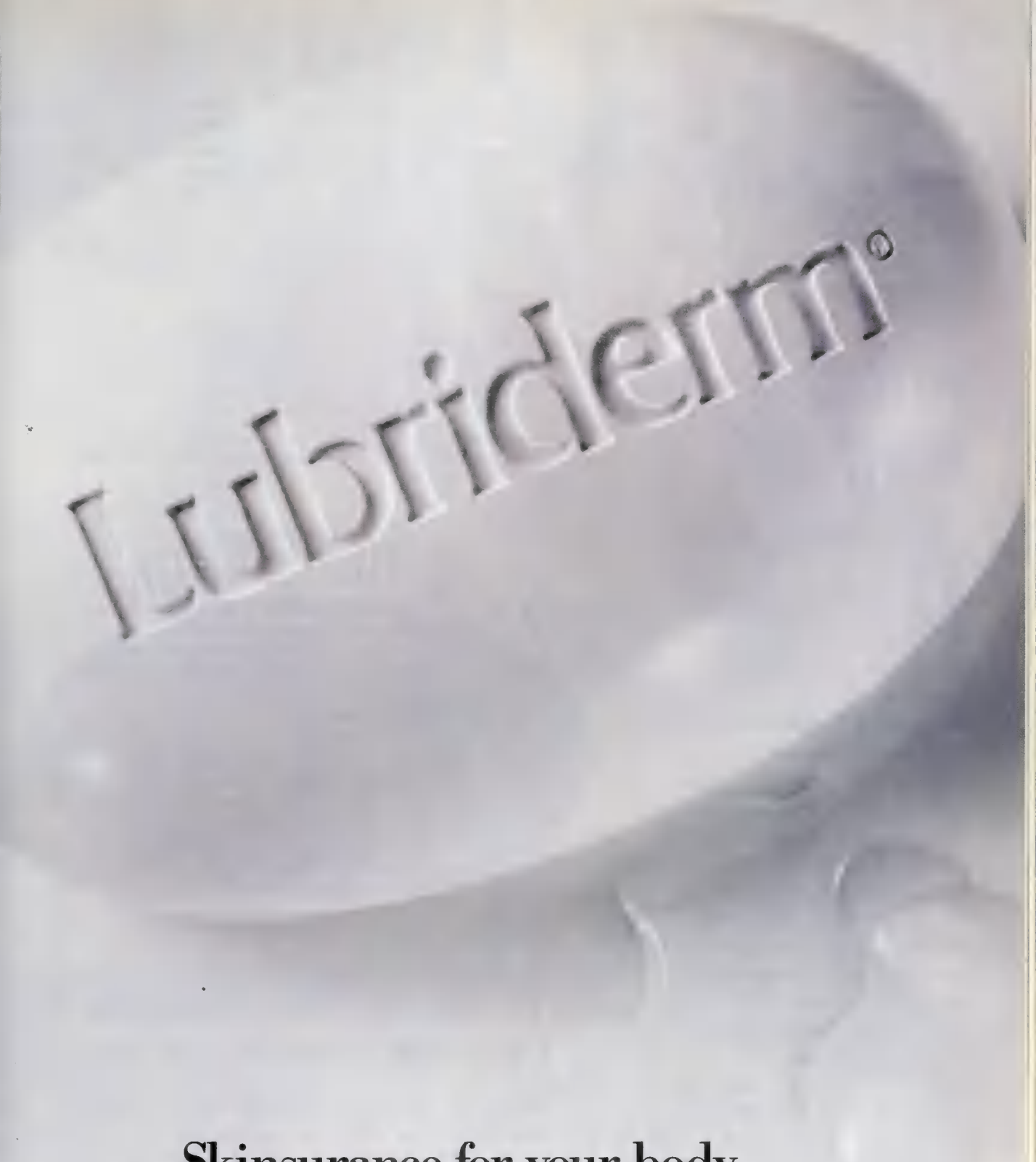






Sylvia constructed a support grid for this delicate triangular arrangement using quarter-inch clear tape across the top of the vase. ■ She inserted three snapdragons of equal length to form the points of a triangle, establishing the height and the width. ■ Next, Sylvia lined the rim of the vase with lilac and surrounded each snapdragon with campanula. ■ To create a focal point, she placed a single nicole rose in the center, then surrounded it with a circle of more nicole roses (about six, cut to different lengths). ■ Pink delight roses, silver roses, sweet peas, grape hyacinth, maidenhair fern and English ivy randomly fill in the gaps.

Sylvia Greenbaum of Sylvia Flora[illegible], NYC. Paul Bott of Twigs, NYC. Additional information by Sean Psomas of Wildflowers, NYC. Photos, Jon Jensen. Location: page 90, Pace Collection, NYC, all other[illegible]Leonard & S. Dean Levy, Inc., NYC. Crystal vase, Marco Polo; wicker basket, Howard Kaplan Antiques.



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MEDNEWS

To help you and your family stay healthy.
By Sally Squires

UNBLOCKING FALLOPIAN TUBES

An outpatient procedure is helping some infertile women to conceive, researchers say. Doctors at the University of Southern California (USC), in Los Angeles, are opening blocked fallopian tubes with transcervical balloon tuboplasty (TBT). The method is similar to angioplasty, which is used to unclog arteries. During TBT, doctors thread a balloon-tipped catheter through a woman's cervix and uterus, into the fallopian tube. Then they inflate the balloon, thereby clearing the obstructing scar tissue or debris.

A study by Michael Vermesh, M.D., of USC, showed that TBT was nearly 90 percent effective in unblocking both tubes. Candidates include women whose obstructions are near the uterus and whose tubes are otherwise normal. The federal Food and Drug Administration is slated to approve TBT for widespread use soon; it costs about $2,000—less than half the price of inpatient surgery.

HIGH-TECH HELP FOR HEARTS

An innovative communication system can save lives over the phone. The MDphone System—prescribed for high-risk patients—is used to help treat heart attacks and other emergencies before medical technicians arrive. The briefcase-size unit contains a defibrillator (a device that starts stopped hearts with an electric shock), along with an instrument that performs electrocardiograms (ECGs) and sends results over phone wires. In addition, there's a two-way speaker phone and an automatic dialer. If a patient experiences chest pain, he can hook himself up to the machine's electrodes (or a bystander can do it for him). MDphone then dials the physician at a hospital with an MDphone base station. The doctor views the ECG results on a special display screen and, if necessary, activates the defibrillator. MDphone, manufactured by MEDphone, Inc., is being used at several major hospitals and will be in wider use soon. The system is leased by hospitals to corporations and health clubs, and rented to individuals for about $200 to $300 a month. For more information, call 201-843-6644.

AN OVER-THE-COUNTER CAUTION

Up to 15 percent of Americans take nonprescription laxatives too often, according to research presented recently at the American College of Gastroenterology. Many so-called laxative abusers are women who use the preparations for weight control, taking them weekly or more often, not just people concerned about bowel regularity. People who take more than recommended doses may develop side effects such as diarrhea, cramping and vomiting. And once abusers stop using laxatives, they often encounter such troublesome symptoms as "rebound edema," in which a person temporarily retains as much as fifteen pounds of water. To avoid such problems, follow the package directions and check with your doctor if difficulties develop.

EXPECTING? SIT DOWN, MOVE AROUND!

Pregnant women who spend lots of time on their feet—such as salesclerks and bank tellers—are nearly twice as likely to deliver their babies prematurely as are more sedentary women, such as accountants and secretaries. A study at Yale University found that of women who stood for over three hours daily, almost 8 percent delivered early. Researchers say standing in place causes an increase in uterine contractions, which appears to contribute to early labor. But *active* women—dancers, teachers—were the *least* likely to deliver early.

Sally Squires is a health writer at the Washington Post. She is also co-author of the book "The Stoplight Diet for Children" (Little, Brown, 1988).

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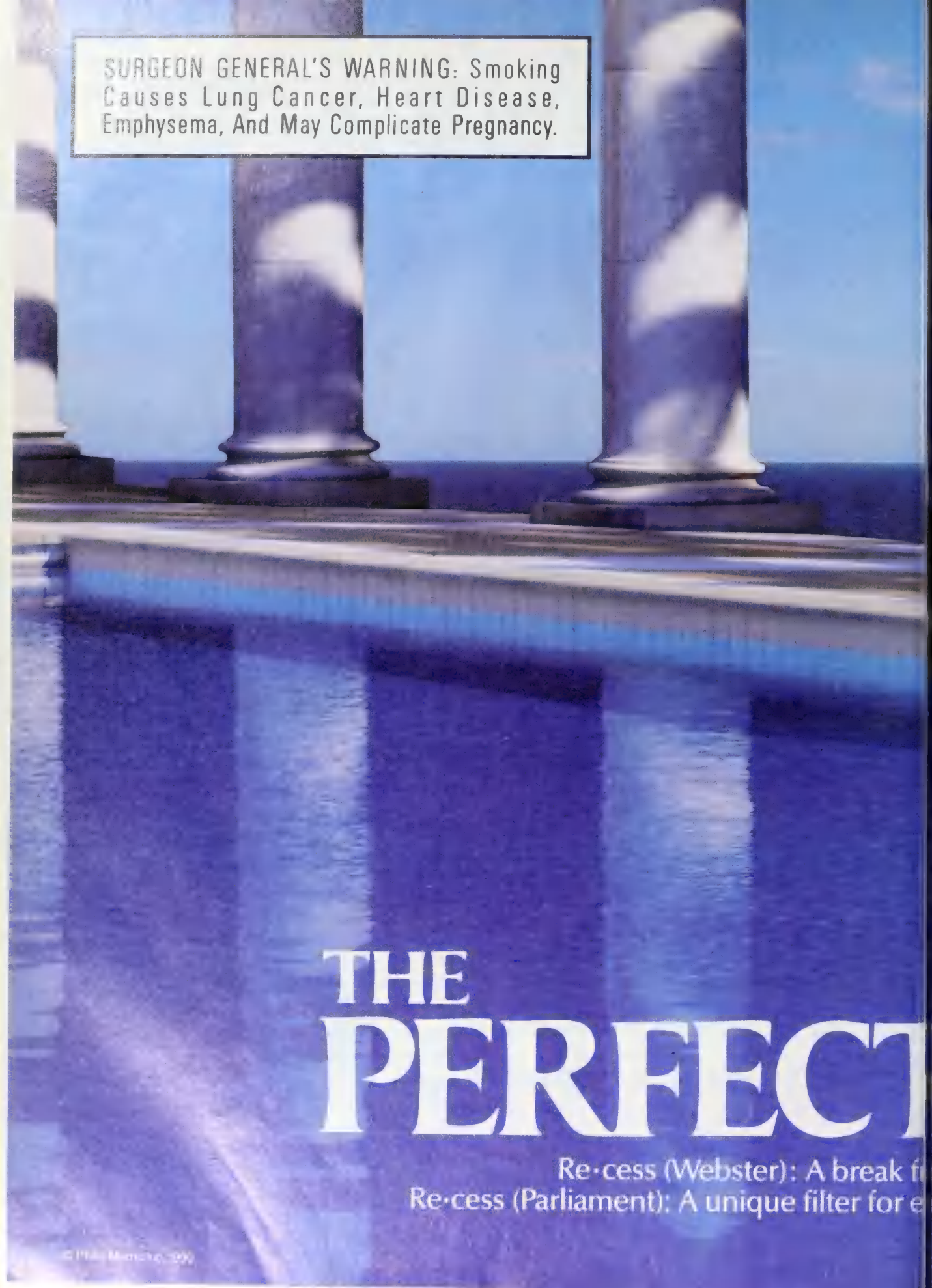
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ity for rest or relaxation.
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in the news

"MOM, PLEASE GET ME OUT!"



Each year, thousands of routinely rebellious teenagers are committed to psychiatric hospitals, with almost no hope for immediate release. Why are so many parents locking up their children? A disturbing report

By Katherine Barrett and Richard Green

Thirteen-year-old Cynthia Parker* was a handful. She'd always had trouble sitting still in school, and she'd been taking the hyperactivity drug Ritalin since second grade, when she was diagnosed as having attention-deficit disorder. Now, however, the medication didn't seem to work. A constant whirlwind, Cynthia never walked but ran. If she decided to bake cookies, the kitchen was inundated by a blizzard of flour. She wouldn't do her homework, she picked fights with her sister, and she talked back to her teachers.

Her parents were exhausted, but Cynthia's mother, Michelle, thought she knew where to get help—a private psychiatric hospital not far from their Minnesota home. In November 1985, she had Cynthia admitted.

Thus began a nightmare from which the young girl is still emerging.

Cynthia received a new diagnosis of "conduct disorder"—a legitimate condition that's become a voguish catch-all phrase in some psychiatric hospitals. "They put me on drugs right away," she recalls. "They told me I was depressed, and then they told me I was suicidal. That really threw me. . . ."

Bombarded by strong medications—Norpramin, an antidepressant, and Navane, a drug used in treating psychotic disorders—Cynthia slept up to twenty hours a day at first. When she managed to stay awake, she says, she felt like an animal in a biology experiment. Her world was a windowed observation room, where therapists could peer in at any time. Attendants controlled her outbursts by rolling her up in a blue gym mat. "If

**Names have been changed to protect the family's privacy.*

(continued on page 103)

"IT'S ABOUT TIME!"™





DELICIOUS VEGETABLE AND SAUCE DISHES THAT AREN'T FROZEN.

It's about time for new Del Monte Vegetable Classics.® Ten delicious vegetable dishes that go from cupboard to microwave to delicious in just three minutes. Del Monte Vegetable Classics. Look for all ten varieties in the canned food aisle.

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(continued) you were very bad, they'd tie it up," she says. "One time, I got rope marks all the way down my body."

After three months, Cynthia exhibited alarming mood swings and suicidal fantasies. Then, her mother says, the hospital released her, claiming she was doing better. This sudden "improvement" was discovered right after Cynthia's father told the hospital his insurance coverage was about to run out.

The teenager came home with instructions to stay on her medications. But after Michelle found her threatening to carve up her own arm with a kitchen knife, she had her committed to the same place again for a few more days, using up the family's savings.

Finally, they had no choice but to turn to county social services, which placed Cynthia in a local hospital. Then Cynthia's mother decided to attend a lecture about problem teens. What she heard that night, she says, made her realize the whole episode had been a dreadful mistake. The lecturers suggested that Cynthia's medications were inappropriate, and Michelle insisted they be withdrawn. Only when hospital officials agreed did the teenager's parents begin to sense that the daughter they loved was returning.

"She would smile. She would converse," says Michelle. "She wasn't violent anymore." It took a full year before Cynthia, now eighteen, began to think of herself as normal. She is attending a public school for kids with emotional problems and is getting the help she needs while living with her mother and father.

In one hospital, a fifteen-year-old was tied to a bed for twelve hours and injected with a powerful drug. His offense? He had yelled at a staff member.

"By the time I was released," she says, "I thought I was crazy. I had no trust for anybody. It took me a long time to trust my parents again."

Problem children?

Cynthia's story is shocking, but far from unique. Confinement in a psychiatric hospital was once considered a shameful last resort for families who couldn't cope with a severely disturbed child. Now it is becoming an increasingly popular option, due to changing public attitudes, inconsistent mental-health policies and aggressive marketing by private psychiatric facilities.

The most startling figures, from a 1985 study commissioned by the University of Michigan Center for the Study of Youth Policy, show that over two hundred seventy thousand kids under eighteen were hospitalized that year for psychiatric reasons—more than double the number in 1971. A great deal of the increase has been in private hospitals, many for profit; such admissions increased from 7,668 in 1971 to 99,240 in 1985. The trend has continued upward, says the center, even while public hospital admissions are going down.

Even more disturbing is the center's conclusion from another study: Perhaps as many as two thirds of such youthful patients don't need to be institutionalized.

"This is one of the major health-care and child-welfare problems confronting this country," says Ira Schwartz, the center's director. He also cites a devastating new concern—young children. Results of one study indicate that kids under thirteen may be the fastest-growing segment of patients.

"There's a whole group of children being thrown away in our society," adds Jim Lardie, president of the Association of Child Advocates, in Cleveland, a group that advises organizations of volunteers and others who work on behalf of children to protect their rights. "They're mostly white and mostly middle class. And they have behaviors that families would have found a way to deal with in the past." Adds Paul Fink, M.D., immediate past president of the American Psychiatric Association, "Bad conduct is not a reason to put someone in the hospital. Eighty to ninety percent of what they are calling conduct disorder could be treated outside."

Why do so many parents willingly sign their youngsters over? Often, they simply think they're doing what's best for their child. In an age when professional therapy for adults is so widespread, many parents have lost confidence in their ability to cope with such normal adolescent problems as rebelliousness or anger. Today's mothers and fathers also fear a rising tide of drug and alcohol abuse, and they're worried, too, about problems such as anorexia and bulimia.

"Parents are not aware of what's normal behavior and what's abnormal," says Thomas Bennett Wilson, an Edina, Minnesota, attorney who donates time to work with hospitalized kids.

One of his clients, for instance, was a sixteen-year-old *A* student whose father didn't want her to date, participate in after-school activities or have a part-time job. Finally, he had her committed to a private psychiatric hospital; doctors diagnosed psychotic depression. She stayed for three months, until a patient advocate who had learned of her plight called Wilson. His efforts eventually led to her release.

To be sure, many parents would like to keep troubled kids at home. But there are too few facilities for outpatient care, and the child who needs more than a weekly therapy session, but less than full commitment, is simply out of luck in many parts of the U.S. "We have two levels of service in mental health—first aid and surgery," says Albert Duchnowski, Ph.D., director of training at the Center for Children's Mental Health at the University of South Florida.

As a result, inpatient programs have filled the gap: According to the National Institutes of Mental Health, from 1984 to 1988, the number of psychiatric units in general hospitals rose from 1,347 to 1,638; during the same period, the number of private psychiatric hospitals increased from 220 to 444.

Treatment in these private institutions can cost up to $27,000 a month, and the lure of those lucrative fees has proved irresistible to some mental-health entrepreneurs. Compared with full-service medical facilities, psychiatric hospitals are inexpensive to set up. Says Lenore Behar, director of child mental-health services for North Carolina, "You don't need a lot of equipment. All you need is a nice building with some locks on the doors." Most states are licensing hospitals in large numbers, and they leave a lot of leeway in how the hospitals are run—the medical profession is considered a self-regulating field. New York and New Jersey have more stringent laws, however—they require hospitals to certify a need for their existence. These regulations have kept the number *(continued)*

of hospitals low in those states.

The National Association of Private Psychiatric Hospitals disputes the contention that members are motivated primarily by money. "Private psychiatric hospitals may be not-for-profit or for-profit," says a statement by the group. "The tax status of a hospital has no impact on quality of care."

Yet at least some hospitals seem to be most concerned with the quality of their advertising. They engage in intensive marketing campaigns that use newspapers, magazines, TV, radio and even billboards. "Don't wait until you get a call from the police to get help for your teenager," reads one ad, showing a leather-jacketed boy in handcuffs. Other promotions have featured smoking guns or youthful mug shots. One powerful TV spot shows a casket being lowered into an open grave.

Many ads mention toll-free hotlines, but when parents call for counseling, hospital officials often urge them to bring their children in right away. Barbara Demming Lurie, a patient advocate in Los Angeles, called one hospital and pretended to be a parent: "I said, 'My son is sloppy, and he doesn't listen to me anymore.' They said, 'Your son sounds ideal for our program.' I said, 'I'll think about it.' They said, 'No. Don't hang up.' I couldn't get off that phone. I've bought used cars, and I've never been so pressured."

The pressure often ratchets even higher if the parents do bring their child in for a consultation. One Illinois couple, whose sixteen-year-old son had begun drinking, were urged to admit him immediately. When they balked, the counselor told them, "We can't be responsible if you take him home right now. We can't guarantee that he's not going to commit suicide." The parents, cowed, placed the boy in the hospital but took him out a week later.

"They scared the hell out of those parents," says Thomas Budziack, Ph.D., of the Menta Group, a Chicago organization that consults with insurance firms about alternatives to hospital care. "It's clever exploitation."

In the rush to fill beds, it's not surprising that some hospitals accept kids who don't belong. Consider this example of an admission chart obtained by Lurie from the records of a thirteen-year-old: Her "presenting problem" is "out-of-control behavior," defined as: "1. Refusing to contribute to the family. 2. Dirty clothes left out. 3. Dirty room. 4. Consistent antagonism." As Lurie notes, the patient sounds uncommonly like a normal teenager.

Fitting punishment?

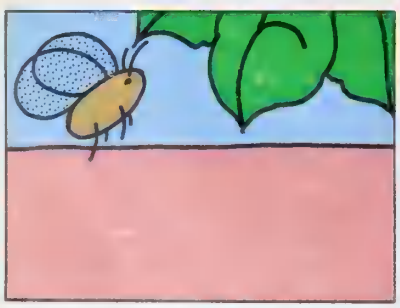
Of course, some adolescents do need hospitalization. "It's appropriate to kids who are violent, severely s phrenic or suicidal in a hospital," Paul Fink. The best facilities, e say, treat these youngsters throu combination of individual, grou family therapy, programmed activi and drugs only when they are need

But sadly, teens who are plac hospitals for behavior problems get questionable treatment. Too hospitals simply keep kids sed says Peter R. Breggin, M.D., a Be da, Maryland, psychiatrist and a of the book *Psychiatric Drugs: Ha to the Brain* (Springer, 1983). "F ample," he says, "antidepressant the latest fad."

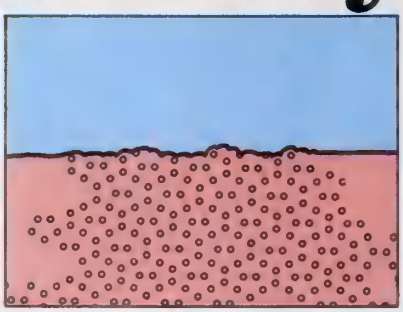
Behavior modification is an widely used technique—setting system of rewards and punishmer a means of control. Often, such grams are simply a bewildering s of arcane rules. If a teen reacts normal resistance, he may be pun until he caves in. In the worst c punishments are unabashedly cru

According to Ira Schwartz, one pital served teen patients on skimpy cheese sandwich and mil

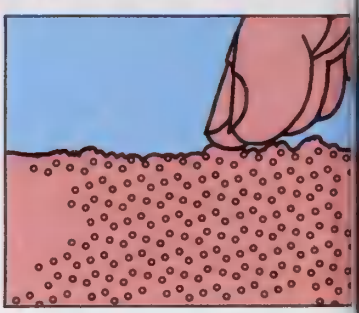
What makes you itch..



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2. Your body reacts by building up and releasing a chemical called histamine.



3. The release of histamine is what makes your skin feel itchy and irritated.

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meal—until they earned enough
s through good behavior to eat
hier and more desirable items.
rs require kids to wear pajamas
they earn enough points to wear
t clothes. "These techniques are
aning and dehumanizing. They
rsely affect self-esteem and make
bitter and angry," says Schwartz.
itary confinement is overused, too.
utside contact is allowed—even
families. Teens are told it will
them concentrate on getting better.
nthia Parker was put in one such
apeutic focus program" for about
weeks. "I had to stay in my room
ay," she recalls. "I couldn't read
couldn't have a radio. There was
mmunication with anyone."
straints are also too common. In
Florida hospital, a fifteen-year-old
tied to a bed for twelve hours and
ted with Haldol, a powerful anti-
notic medication. His offense? "He
yelled at a staff member," says
n Curran, program director of
ection and Advocacy for Mentally
ndividuals, in Tallahassee. "He
no record of physical aggression."

way out

youngsters are committed, it can
xtremely difficult for them to be
sed. If a child is committed by his family, the action is considered voluntary. Children under a certain age—fourteen, sixteen or eighteen, depending on the state—have no free choice. And in many states they have no right to demand a review of their admission in court, as adults can. This is true even when a youth has been tricked into going to the facility in the first place. A 1979 Supreme Court decision ruled it was constitutional to deny minors these rights as long as a psychiatrist at the institution agrees the child should be hospitalized.

And although some teens may convince their parents to take them home, hospital officials often bring potent emotional counter pressures to bear. How many parents will risk bringing a patient home when a psychiatrist has proclaimed her suicidal?

In any case, hospitals have the law on their side. Generally, release is at the discretion of the hospital, unless parents go to court. Some hospitals threaten to report recalcitrant parents to social service agencies as unfit. This is enough to get most parents to back off.

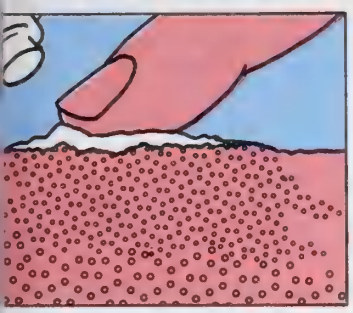
But a hospital's eagerness to retain a youthful patient often evaporates when insurance coverage runs out, as Cynthia Parker's did. In Illinois, a task force commissioned by the state legislature found that children and adolescents with private insurance remained in private hospitals an average of 32.8 days, while those covered by health maintenance organizations stayed 15.7 days, those on Medicaid/Medicare stayed 12.6 days, and those without coverage only 9.7 days.

The link between finances and freedom is not lost on the young inmates. Says Cynthia, "Everyone had figured out when their insurance was going to run out. They'd do things to raise their bills earlier—like smash the windows or ask for extra medication."

After a child is released, hospitalization can return to haunt him. Although youthful criminal violations may be purged from the public record, stays at a mental institution are different. Like all medical records, files are kept permanently at hospitals, as well as the state agencies that are involved automatically in any commitment proceeding. And some hospitals breach the confidentiality of those records.

One mother was horrified to find that after her rebellious son was released from a psychiatric hospital, his old school wouldn't take him back. Somehow, school administrators had obtained reports about his treatment. A psychiatrist had asked him what he would do if he had to choose between killing himself and *(continued)*

nd how to stop it.



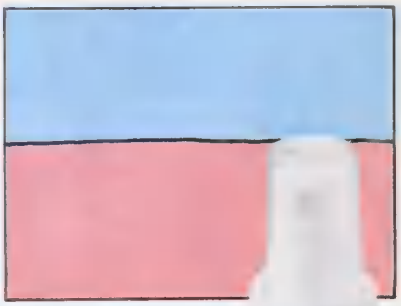
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"MOM, GET ME OUT"
continued

killing a classmate. He said he'd the classmate. "He is a danger to society," the school superinten told the mother. The boy had to fi school by obtaining a GED.

Asks Ira Schwartz, "What's goin happen to these kids when they v to adopt a child or become a fo parent or run for public office?"

Working for change

Are there alternative treatments kids who really need serious help? perts say yes. "There are many way meeting the needs that wouldn't quite so devastating, restrictive costly," says Lenore Behar. The p lem is getting such systems set Some local and state governments making strides, but middle-inc teens are often ineligible for these licly-funded programs.

Ventura County, California, started one successful project in wl outpatient counseling is available home or in school. For example, w one fourteen-year-old there became bellious and severely depressed a his father's death, a therapist vis the family for about six months. In the services cost about $4,500, c pared with about $8,000 a month state hospital and as much as $1,0 day in a private facility.

Such powerful economic evidenc causing some insurance companie reconsider their mental-health co age. Prudential Insurance, for ex ple, now offers longer coverage for patient care than for hospitalizat "We need a range of services. You *create* illness by putting a child i hospital who doesn't need to be the says Mary Jane England, M.D., a P dential executive.

The American Academy of C and Adolescent Psychiatry is takin stand as well. It recently declare unethical for any doctor to be af ated with an institution that u alarmist, misleading advertising.

But change comes slowly. In meantime, there are thousands of c dren who suffer the indignities of fair hospitalization. It is an expens emotionally damaging experience t can scar them forever—and still solve their problems. Says Schwartz, "If this issue is not dressed responsibly, it will show t greed, profits and exploitation more important than our kids."

Cynthia Parker was lucky, but many others, time is running out.

Katherine Barrett and Richard Gre are contributing editors of LHJ.

GETTING HELP: A GUIDE FOR PARENTS

re having problems with your er, the quick cures promised in l advertisements may seem ppealing indeed. But experts re- arents that there is a continu- behavior—from normal adoles- rmoil to substantial emotional ustments and severe illnesses— different kind of therapy for low can you tell what kind of our child needs? Here are some l guidelines based on informa- om the American Academy of and Adolescent Psychiatry and xperts. Keep in mind that some e categories may overlap, de- g on severity, frequency and du- of symptoms.

oblems Excessive talking back, stent or sudden refusal to com- te with parents or accept any f discipline. Recommendation: t a school guidance counselor, worker or therapist.

ustments Drug and alcohol (indications might be staying night, or marked deterioration ol performance), eating disor- ch as anorexia or bulimia (look nse fear of being obese, extreme loss), depression, outbursts of or aggressiveness. Recommen- consultation with a psychia- erhaps leading to a program of r therapy and family therapy.

y of these problems do not re- to outpatient treatment, hospi- on may eventually be recom- d, especially if conditions are eatening (suicide attempts, ex- weight loss accompanying an- . Teens with drug and alcohol ms are sometimes sent to a resi- treatment center, which is less ive than a hospital, requiring a rmined length of stay.

e problems or illnesses Schizo- a or other psychotic disorders; e violence; suicide attempt or ged depression. Recommenda- ospitalization.

re to turn for help

s consult your family doctor and hild's school counselors first. ocal mental-health association e United Way can also help you eferrals to counselors and doc- ther places to contact:

erican Academy of Child and Adoles- chiatry offers free fact sheets on a r of topics, including major teen problems such as drug and alcohol abuse, learning disabilities, eating disorders and depression, as well as information on where and when to seek help. Call 202-966-7300 for a full list of topics, or write to 3615 Wisconsin Avenue NW, Washington, DC 20016. Include a self-addressed, stamped envelope.

The National Alliance for the Mentally Ill is a network that can refer you to families in your area for support and information on special funding you may be eligible for. Write to them at P.O. Box NAMI, Arlington, VA 22216.

Choosing a hospital

Committing a child should never be a hasty decision. If a child's problems seem severe enough to warrant hospitalization, make sure you have exhausted all facilities in your community. Call the support groups above for leads on where to get help in your area, and get a second opinion if hospitalization is recommended. If you do decide to hospitalize your child, follow these guidelines.

■ Don't approach a hospital directly. It's better to be referred to a facility by doctors in your community. Reputable doctors insist on observing a child extensively—including a full physical exam—before making a diagnosis.

■ Once you're prepared to choose a specific facility, call your state health department or mental-health association and ask for its evaluation of the facility. Find out if any complaints have been filed against the institution.

■ Ask for a tour. Is it clean? Are kids put in locked rooms? Under what conditions are restraints and solitary confinement used? Ask if there are parents of former patients who are willing to talk to you. If you don't like what you see, or if the hospital is reluctant to show you around, go elsewhere.

■ Does the facility have a special unit for children? Is it accredited for treatment of children and adolescents? What educational program is offered?

■ What is the planned treatment? Are drugs prescribed automatically? What kinds of drugs are given?

■ How long a stay is recommended? Ask how the decision to discharge your child will be made. Is there family counseling and follow-up care? Can you withdraw your child if you want?

■ What are the terms of payment? What will happen if you are no longer able to pay? Be sure to check with your employer to find out exactly what mental-health benefits you have. ■

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women's health

WHAT YOU DON'T KNOW ABOUT YOUR PERIOD

Although menstruation is a familiar part of every woman's life, there's far more to it than you may think. Here, top doctors answer your most intimate questions

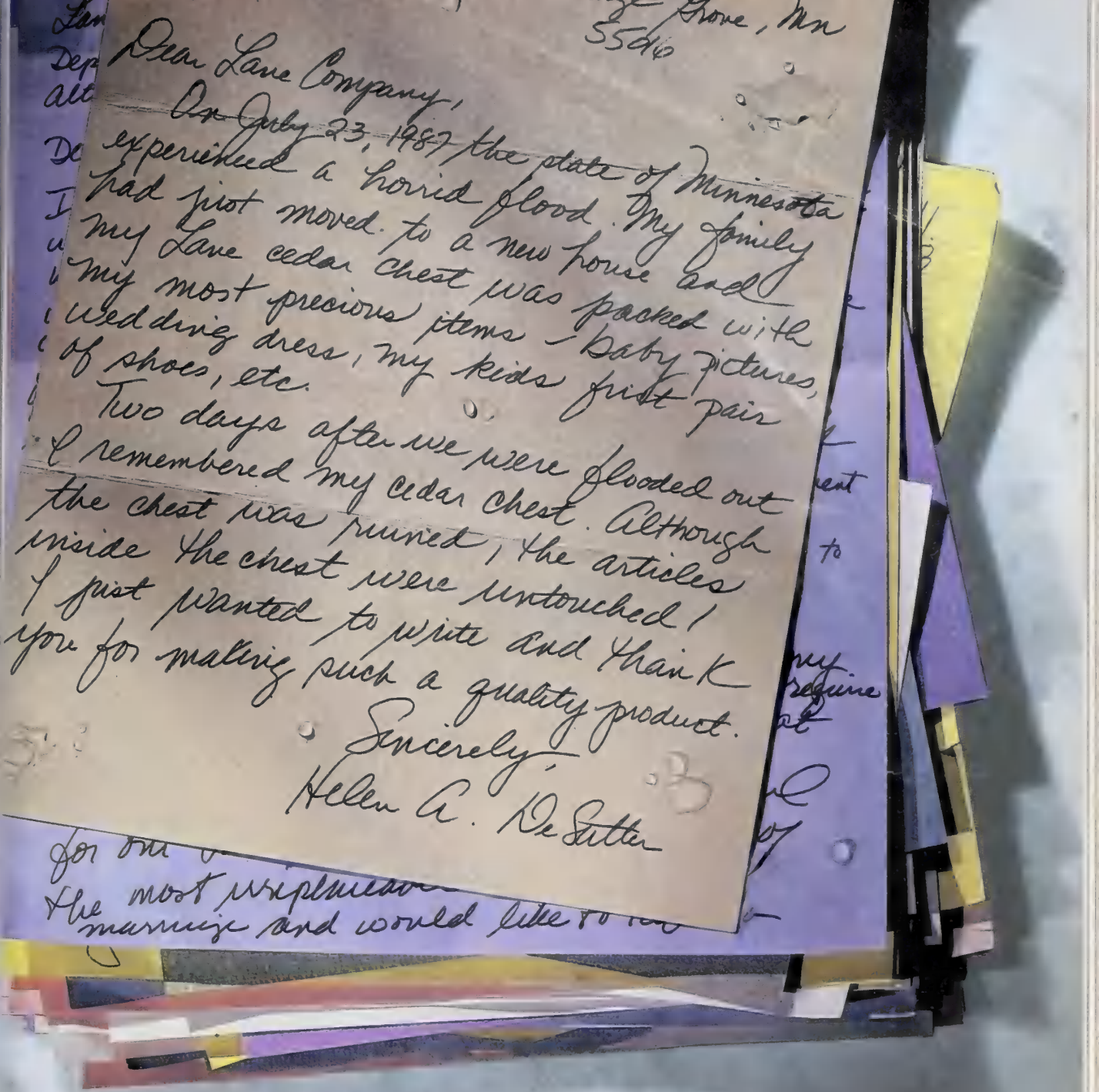
Odd as it may seem in an age of test-tube babies and laser surgery, one of the most basic facts of life remains a bit of a mystery. No research can yet explain the precise hormonal chain of events that begins menstruation each month. And sophisticated as we are in discussing love and sex, we're still likely to whisper about "it" in mixed company. Gone, we think, are myths that menstruating women curdle milk and sour wine, but other myths and taboos abound: It's dangerous to have sex, illness is more likely to strike, we can't go to the gym. Just how much do you *really* know about your period? Read on and see

By Fran Snyder

WHAT'S NORMAL

I've been charting my periods for over a year; half my periods start on the thirtieth day, the rest between twenty-seven and thirty-one days. I even had one on the twenty-fifth day. Why is my cycle so irregular?

A regular cycle isn't always the standard twenty-eight days long. In fact, only 10 to 15 percent of women menstruate every twenty-eight days; most cycles fall between twenty-five and thirty days, but twenty- to forty-day cycles are not unusual. If your cycles are shorter than twenty-one days or longer than forty, however, you may have a hormonal irregularity, and you *(continued)*



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USE AS DIRECTED.

ABOUT YOUR PERIOD

continued

should be examined by a doctor. women bleed for four to six though some bleed for only two others for as many as eight. Men flow—made up of blood and slou off tissue from the lining of the us—varies. Most women expel thirty to fifty milliliters (about t blespoons) of fluid each month.

Look at your chart again. You has probably established a predic if variable, pattern. If you cor tracking your periods, you'll like a pattern emerge.

During the past year, my periods ha come very painful. Sex has, too. I've gotten cramps, but I could usually j nore them. I'm not bleeding more normal, but I can't get through the da out aspirin. What's wrong with me?

Increasingly severe menstrual c and pain during sex are sympto endometriosis, a condition in endometrial tissue implants itse side the uterus—on the fall tubes, ovaries and elsewhere. symptoms may include painful movements during menstruatio infertility. Endometriosis affects five million American women, m them in their late teens through thirties. Doctors don't know causes the condition.

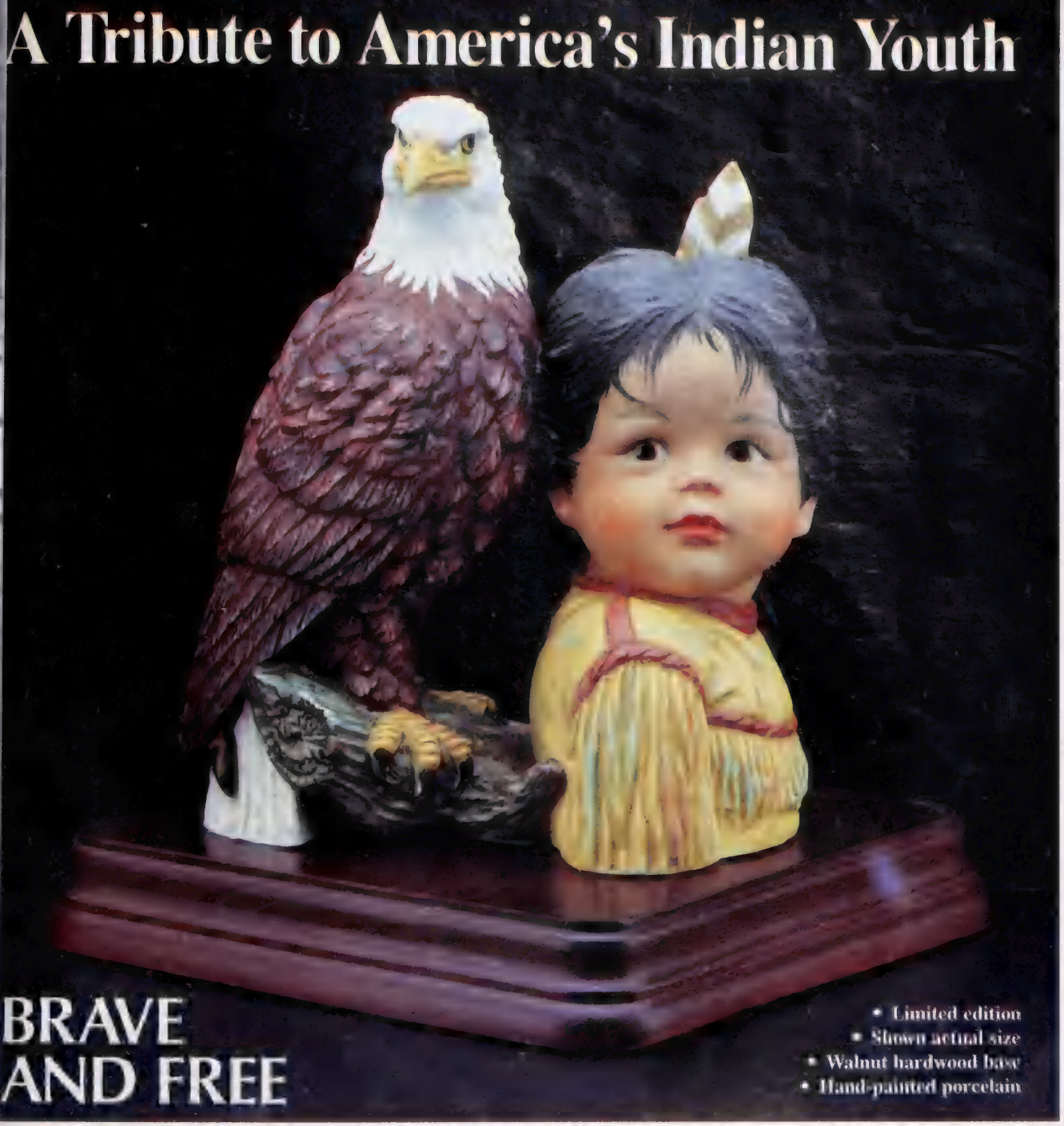
If you suspect you have the dis see your gynecologist. Endome is diagnosed by laparoscopy—a amination of the abdominal with an optical instrument thro small incision in the abdominal It may be treated by laser or co tional surgery to remove endom tissue, or with hormones that su the menstrual cycle. For more mation, call the Endometriosis A ation, 800-992-3636.

Last month I bled more than usual, scared me. A friend said I probably miscarriage. My mother told me she u bleed heavily, and it turned out she fibroid tumor. She had to have a hyst my. Who's right, my friend or my mo

Either might be correct. Heavier normal menstrual bleeding shou ways be reported to your doctor, only a physician can make a defi diagnosis. A very early misca can appear as a late period. If s flow will be heavier and more c than usual, and you'll have cramping.

Fibroids—noncancerous tumo the smooth muscle of the uterus also cause heavy bleeding, but t creased flow generally *(conti*

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(continued) persists from month to month. The tendency to develop fibroids runs in families; the fact that your mother had one increases your chances of developing them. But while your mother may have had a hysterectomy, doctors today usually avoid such a radical solution. Sometimes a physician can perform a myomectomy, in which only the tumor is removed. In many cases, a woman can live with a fibroid tumor, unless bleeding becomes extremely profuse or the tumor protrudes into the abdomen. Other times doctors treat fibroids with hormone therapy.

Lately, I've been spotting for several days before actually getting a full period. Is this part of my normal cycle?

No. Premenstrual spotting may indicate the presence of a fibroid tumor or a uterine polyp (a small growth). In an older woman, it can also be a symptom of menopause. Don't ignore it; check with your doctor.

BEGINNINGS AND ENDINGS

My seventeen-year-old daughter is a superior ballet dancer, skinny as a rail but strong and supple. She's very healthy but hasn't gotten her period yet. Is something wrong?

Probably not. The average age of menarche—the beginning of menstruation—is twelve and a half for most U.S. females. But dancers and athletes who begin strenuous training before that age may not start to menstruate until they are fifteen, sixteen or even twenty. When they do begin, they're more likely to have irregular cycles and amenorrhea (missed periods). That's because such strenuous exercise keeps body fat very low, and a certain level of body fat is required before menstruation will begin. Why? The body won't even prepare itself for reproduction until it can sustain a pregnancy. Fat is probably a protective factor, since a pregnancy requires between fifty thousand and eighty thousand calories to produce a healthy infant. It's likely that your thin daughter hasn't yet stored enough body fat to begin menstruating.

Though the fact that she hasn't started may disturb you—and you should have her visit a gynecologist to make certain there's nothing amiss—her low body-fat level and active lifestyle may actually protect her from cancers of the breast and reproductive organs and from diabetes in later life. A study of more than five thousand women, ages twenty to eighty—half of whom were former or current athletes—found that athletes in *all* age groups had lower rates of these diseases.

My periods stopped three months ago. I'm only forty-two, and I never got hot flashes or any other symptoms. Can menopause really be so early—and so easy?

Yes, it can, though you *are* early and are among the few women—only 15 percent—who do not experience symptoms. Generally, menopause occurs between a woman's mid-forties to mid-fifties, and can take several years to complete. Cycles can stop and start, and a woman is not considered past menopause until one year has passed without a period. During this time, a woman should not assume she can't get pregnant; she can.

Consult your gynecologist; if you're entering menopause, now is the time to talk about osteoporosis and hormone-replacement therapy. You should also continue regular gynecological care, including Pap tests, pelvic exams and mammograms.

SEX AND FERTILITY

My mother told me that sex during menstruation can make a woman sick. When I asked what she meant, she mumbled something about infections. I read that a woman's cervix is more open at this time and that bacteria can get into the uterus during intercourse. Was my mother right?

The prohibition against sexual intercourse during menstruation has a long history. Numerous reasons have been used over the ages to support this taboo, but in fact no studies have been done to support the claim that sex during menstruation is harmful to either a woman or her partner. If a woman has an infection or is exposed to a sexually transmitted disease, she can contract it regardless of the time of month.

I want to become pregnant. For the last three months my husband and I have had intercourse on the fourteenth day of my cycle, counting the first day of my period as day one. I'm not pregnant yet. What's wrong?

Day fourteen may not be your fertile time. Ovulation—the release of an egg from an ovary—generally occurs thirteen to sixteen days before your next period begins. You're right about counting the first day of menstruation as day one, but you haven't calculated your fertile time correctly. The calendar method works like this: Chart your periods and count back thirteen to sixteen days from the beginning of your last period. If you have a twenty-one-day cycle, you will ovulate between days five and eight (counting from the period that just ended); if you have a thirty-day cycle, you'll ovulate between days fourteen and seventeen.

Your cycles will probably vary, which is why you must keep a chart so you can see a pattern over the months and be able to anticipate the days you're likely to ovulate. But even if your periods are regular, you won't know precisely when an egg is released. Don't worry; although an egg generally lives for only twelve to twenty-four hours after ovulation, sperm can live for up to seventy-two hours, so if you have intercourse a day or so before or after ovulation, conception can still occur. To maximize your chances, have sex every other day, allowing a forty-eight-hour lapse between ejaculations so your partner's sperm supply is at full capacity. Don't get up right after intercourse; if possible, lie on your back for at least one hour.

I'm nursing my newborn, and my periods haven't resumed. Do I need to use contraception?

Yes. Lactation is not a reliable contraceptive. A well-nourished mother can resume ovulation as early as three months after giving birth, even if she is nursing around the clock. Since you can begin ovulating before resuming menstruation, the lack of a period is no guarantee you won't conceive.

Long intervals of so-called lactational amenorrhea—cessation of menstruation during breast-feeding—are prevalent only among poorly nourished women. Thin to begin with, such women are not eating enough to replace the calories nursing requires—as many as one thousand per day. Since ovulation and menstruation cannot occur until a woman has an adequate amount of body fat, she may remain too thin to resume normal reproductive capacity.

CRAMPS AND CRANKINESS

I'm old-fashioned—I treat cramps with tea and (continued)



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ing pad. If my heavy-bleeding, crampy days are on a weekend, I get in bed by myself with my tea, heating pad and a book. If it's winter, I put on my old, fraying cashmere sweater. A friend told me that cramps are hormonally induced and cured only by drugs. Is my routine silly?

Most women suffer from menstrual cramps at some point. Cramps, called dysmenorrhea, are the result of contractions of the uterus that cause menstrual fluid to be expelled. Heating pads relax abdominal muscles, thereby decreasing pain, and tea is hot and comforting. Some women enjoy a glass of wine at this time. (On the other hand, stress of any sort—an argument with a spouse or friend, a difficult day at work—can make cramps worse.) However, staying in bed for an extended length of time may not be a good idea. Some research indicates that lying down could increase the possibility of menstrual fluid flowing back into the fallopian tubes and implanting there or elsewhere, thereby causing endometriosis.

Aspirin and other nonsteroidal, anti-inflammatory drugs such as ibuprofen will also ease pain—so can having an orgasm, though it isn't clear why. Orgasm causes another set of contractions and opens the cervix, perhaps allowing more blood to flow out. Another remedy: exercise, which releases endorphins (natural painkilling substances made by the pituitary gland, in the brain) that will diminish menstrual discomfort and help take your mind off your cramps.

I've read that women with premenstrual syndrome (PMS) can be violent and irrational. This makes me worried about the cranky, angry feelings I experience during the week of my period. Do I have routine PMS, or a deeper disturbance?

Trust your own experience; it's unlikely that you have any deep disturbance. Studies have shown that between 30 and 90 percent of all women experience one or more PMS symptoms, including irritability, nervousness, depression, breast tenderness, water retention, constipation and acne.

The exact cause and extent of PMS is unknown, though many doctors believe the condition is hormonally induced. Some women feel incapacitated; most are less affected and pay little heed to their symptoms. Many women say their symptoms occur shortly before menstruation; others report varying degrees of discomfort during the entire two weeks or so between ovulation and menstruation.

PMS treatment varies. The hormone progesterone helps some women feel better, and dietary changes can also ease symptoms. Some doctors suggest that avoiding caffeine can decrease irritability and that restricting salt intake can prevent water retention. Avoiding sweets and following a diet high in protein and complex carbohydrates may help prevent fatigue and shakiness; B vitamins may alleviate depression. Check with your doctor about appropriate dosage levels. Also therapeutic: relaxation and moderate exercise.

MYTHS AND MISUNDERSTANDINGS

I understand that all menstruating women are somewhat anemic. I started taking iron supplements a few months ago, but they made me constipated. What else can I do?

en *aren't*. A woman's chances of developing iron-deficiency anemia depend on her diet, the heaviness of her menstrual flow and her family history. If you're fatigued or get sick often, have your doctor test you for iron deficiency. To prevent anemia, eat adequate amounts of iron-rich foods, such as red meat, liver, green leafy vegetables and dried fruit. Iron supplements are usually necessary only if a woman's diet lacks these foods. Since some people experience constipation and other side effects when they take supplements, ask your doctor which supplement is right for you.

I haven't used a tampon since the big scare about toxic shock syndrome (TSS) ten years ago. What's the latest news? Is it safe to use tampons now?

Reported cases of menstrually related TSS have declined significantly, from eight hundred ninety in 1980—the peak year—to just eighty-four in 1988, the last year for which statistics are available, according to the Centers for Disease Control. Doctors aren't sure why the incidence of this potentially fatal disease—caused by the *Staphylococcus aureas* bacteria—has declined so dramatically. It may be that women are using tampons less often, or are changing them more frequently.

In the wake of the TSS scare, tampon absorbency has also been decreased by manufacturers since, for reasons researchers don't yet understand, the most highly absorbent tampons have been associated with an increased risk of TSS. In 1980, the highest-absorbency tampons held twenty-two grams of fluid; they now hold a maximum of fifteen. As of March 1990, a law mandates that all tampons have labeling describing their absorbency rates—junior, regular, super and super plus—based on a standard test developed by the Food and Drug Administration. Health officials hope the labeling will help women buy the lowest-absorbency tampons that work for them.

If you prefer tampons, there's no reason to avoid them—unless you've had TSS. To be on the safe side, some doctors recommend changing tampons every four hours (more frequently may be irritating) and inserting them gently. Others recommend alternating tampons with sanitary napkins.

If you suffer any of the initial, sudden symptoms of TSS—high fever, vomiting, diarrhea, fainting, dizziness or a sunburnlike rash—remove your tampon and seek medical attention immediately. ■

Fran Snyder, a New York–based writer, has a special interest in women's health. She frequently contributes to Ladies' Home Journal.

The following experts contributed to this article: Ethel Sloane, M.S., past chairperson of the department of biological sciences at the University of Wisconsin, Milwaukee, and author, *Biology of Women* (Wiley & Sons Publishing); Gloria Bachmann, M.D., associate professor of obstetrics and gynecology at the University of Medicine and Dentistry–Robert Wood Johnson Medical School, New Brunswick, NJ, and member of the Gynecologic Practice Committee of the American College of Obstetrics and Gynecology; Rose E. Frisch, Ph.D., associate professor of population sciences at the Harvard School of Public Health, Boston; Francis Riedo, M.D., epidemiologist at the Centers for Disease Control, Atlanta; Mary Lou Ballweg, president and founder of the Endometriosis Association, Milwaukee; Martha McClintock, Ph.D., professor of psychology at the University of Chicago; R. Don Gambrell, Jr., M.D., clinical professor of endocrinology and obstetrics and gynecology at the Medical College of Georgia, in Augusta.

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(continued) suggestion. To him, it sounds as if you were attacking his competence.

■ When you say, "Honey, why don't you stop and ask for directions?" he hears, *"You're stupid.* You're lost. I can't trust you at all."

■ When you say, "We don't spend enough time being intimate together," he hears, *"You're bad.* You aren't fulfilling me. I'm not happy with you."

■ In bed, when you say, "Honey, can you slow down and just hold me for a minute?" he hears, *"You're a bad lover.* You don't know what you're doing."

To understand why men hear judgment and criticism when none is intended, we need to go back to their childhoods. Many boys grow up receiving praise and recognition for winning, for doing things right—often in a highly competitive environment. They come to believe they're valued primarily for achievement, for their ability to do things correctly. As they grow up, they tend to base their sense of self-esteem on their accomplishments and aptitudes.

This explains why, when a woman appears to challenge a man's ability to do anything perfectly, he reacts defensively and interprets her words to mean: "*You did it wrong; therefore, you are a bad boy.*" His emotional reflexes take over, and he switches into a defensive mode. You're waiting for a polite response; he's feeling attacked. No wonder we have a hard time getting along!

When a woman appears to challenge a man's ability to do anything perfectly, he reacts defensively, and he interprets her words to mean: "You did it wrong; you are a bad boy."

PUZZLE #1: The solution

1. *Avoid using language that makes a man feel wrong.*
Now that you're aware of how sensitive men are to feeling wrong, keep this in mind during a tense situation. For instance, when your husband is driving and you know you're lost, don't say, "How could you get lost like this?" (You know what his reaction will be.) If you want to get to the party, do say, "Honey, I would feel so much better if we stopped for some directions. The street signs are really very confusing around here."

Now, I'm not suggesting that women should tiptoe around men—just that they should communicate with sensitivity. And of course, if a man is mistreating you, stand up for yourself!

2. *Give your man lots of acknowledgment and praise.*
I can't overemphasize how much acknowledgment men need, much more than you imagine. Your man won't ask you for praise; he might even deny that he needs it or act as if he doesn't enjoy it. Don't believe him!

One of the biggest complaints I hear from men is: "I don't feel my partner appreciates me enough." You may feel you do appreciate your man; however, it may not be for the right things. Ask your partner if he feels appreciated. And remember, don't let a man's air of self-confidence fool you into thinking he doesn't need your support. Take it from me—he does!

PUZZLE #2: Why do men hate it when women get emotional?

Laura is feeling overwhelmed by the rebellious behavior of her teenage daughter, Alyssa. One day, after a screaming match with Alyssa, Laura goes to her husband, Lee, and bursts into tears. "It was awful. I just can't take it anymore. I've tried everything, but Alyssa seems totally out of control. Where did we go wrong?"

"Calm down, Laura," Lee answers. "Let's analyze this one step at a time. First of all, exactly what has Alyssa done this week that you aren't happy with?"

"You don't understand!" says Laura, sobbing.

"I'm just trying to be practical," says Lee. "I can't talk to you if you're hysterical."

"I'm not hysterical, I'm expressing my feelings. And anyway, I just want you to comfort me." Laura ends up feeling alone and misunderstood by her husband, and he thinks she's lost control.

Many experts explain that a man is uncomfortable when he sees a woman becoming emotional, because he's uncomfortable with his *own* vulnerable feelings. This is part of the problem. However, there are some feelings men never discuss, which cause them to react negatively to strong emotions in women.

Men are brought up to feel they are white knights responsible for rescuing women in distress. When you approach your man with a problem, he doesn't realize what you want. He hears, "Help me! Rescue me! Fix me!" As a woman, you need to express your emotions, then be comforted so you can put it behind you. Instead, you get advice, questions, lectures and blame.

When your man sees you upset about a problem, he instantly searches for a solution. Even if your difficulty has nothing to do with him, he still feels responsible.

Most men believe that to show strong emotion—for instance, by crying—they'd have to be in pretty bad shape. So, when your partner sees you're very distressed about something, he projects his own emotional standards onto you and assumes you must be falling apart! Men don't understand that women can express their emotions very dramatically but still, beneath it all, have a lot of resiliency.

Women may cry one minute and be perfectly all right the next. Men often have a difficult time shifting from one mood to the next—they assume we're the same, and they panic when they see us in an emotional state.

PUZZLE #2: The solution

1. *When you are feeling upset, tell your man exactly what you want from him.*
This suggestion will save you hours of fighting, misunderstandings and frustration. For instance, "I am feeling so hurt and angry at Joan from my office. I need you to listen to me, and hold me and comfort me. I don't need any advice, honey, I just want to feel your support." Now your partner knows how to give you what you need. He won't feel frustrated when he tries to help you. Instead, he will feel like a success because he was able to give you what you needed.

2. *Don't exaggerate when you're upset—your man may take you literally.*
Sally is complaining to her husband, Harold, about her frustrations with her catering business. "I just don't know what to do. I'm going crazy. I should never have started this business in the first place. I feel like selling it tomorrow, firing everybody and just going away by myself for a month."

When Sally is finished, she feels better, but Harold feels terrible. He thinks: *(continued on page 228)*

EADERS' OURNAL

:O CRAZE

t finished reading the article "Video: the new family fix" ruary]. Although I agree that Americans spend far too h time glued to the television, I think videos are overall a tive influence. I like watching something without the ruption of irritating commercials. I also like that my and and I can pay $3 to watch a rented video movie in own living room instead of spending $11 to go to a ded movie theater. It sure beats watching the third-rate um dished out by the networks.

—Theresa Waldron, Athens, GA

AGAINST DRUGS

l the article "Women and drugs: a special report" [Janu- was unjust. Yes, our town [Seaford] has a drug problem, it has been blown out of proportion.

ne only reason so many people think that Seaford is so is because we're open and honest about our drug prob-. We do not try to hide it or look the other way. Our e and drug officials have made many arrests, and we are ing rapid progress toward cleaning up.

ou never mentioned that we have many programs set up ur schools to keep kids away from drugs. Youths to inate Lost Lives (YELL) sponsors an activity night where school students can get together and play basketball and yball and attend a dance. The Honor Card Program gives school honor-roll students discounts at some local stores. there are others.

next time, include both sides of the story. We're not so after all.

—Ryan Huffman, age seventeen, Seaford, DE

CROSS

offended by the whole idea of "The great astrology test" uary] and by the fact that intelligent women would be lved in such nonsense. I group astrology with fortune- ng, Ouija boards, palm reading, etc. It's a waste of time.

—Connie Wongswuan, address unknown

a Capricorn, and I can already tell that your horoscope will ery accurate for me. Two of my "best days" fall the day re my daughters' birthdays, and I always have fun plan- their parties the day before. I'll be taking college courses e spring, so the May forecast was on target, and I'll be ting closer to my kids in June" when my girls and I go oing.

—Linda L. Rios, N. Ferrisburg, VT

or's note: In the story "What I learned from my kids," in February Parents' Journal (page 52) we mistakenly stated Jason Hopkins had died of bone cancer four months re his twelfth birthday. Our heartfelt apologies to the kins family, and especially to Jason, whose cancer we are y to report is now in remission.

d your letters, preferably typewritten, to Ladies' Home nal, 100 Park Avenue, New York, NY 10017.



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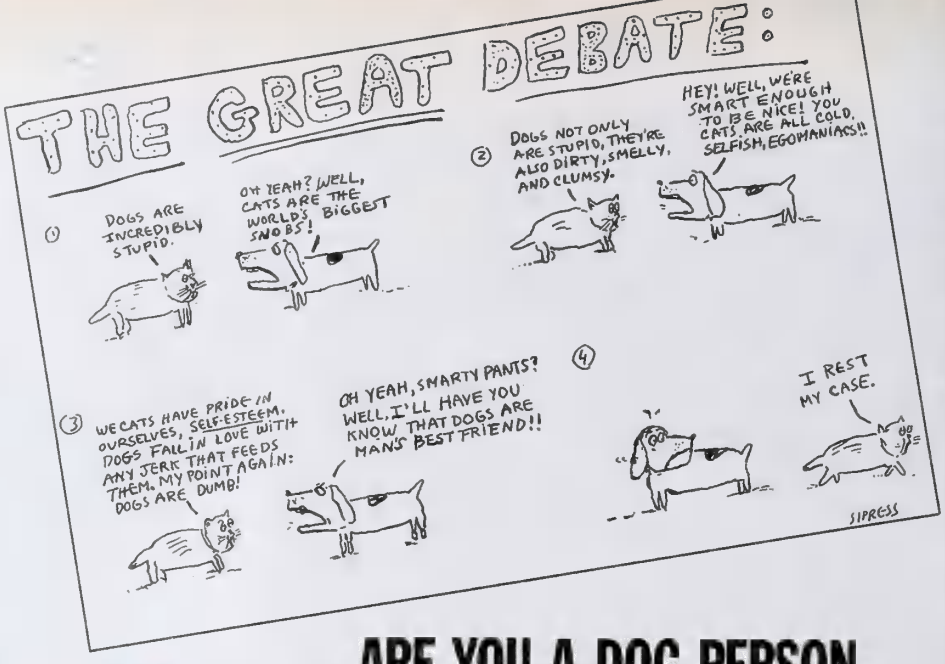
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PET NEWS

Keeping your cats and dogs healthy and happy.
By Nina Keilin



HEALTH WATCH

■ You've always heard that dogs are color blind. Not so, say researchers at the University of California at Santa Barbara. No, they didn't ask dogs to read an eye chart, but the scientists found that canines have color receptors in the retina similar to those in the human eye.

■ Why do only some cats get hairballs? All cats ingest hair while grooming, but most cats eliminate it before it becomes a mass in the gastrointestinal tract. The problem may be linked to an inflammatory bowel disease, which slows down the normal digestive process, according to Colin F. Burrows, V.M.D., of the University of Florida at Gainesville. The condition is treatable with medication, he says.

—ALICIA RUEHRWEIN

Cartoon from THE SECRET LIFE OF DOGS, by David Sipress. Copyright © 1990 by David Sipress. To be published by New American Library.

ARE YOU A DOG PERSON OR A CAT PERSON?



Some people will sink pretty low when they're fighting like cats and dogs. Remember that scene in *The War of the Roses*—when feline fancier Kathleen Turner pretended to serve hubby Michael Douglas a pâté made out of his golden retriever? Maybe they should have listened to our readers, who find a place in their hearts for both cats and dogs. When we asked you to tell us your preferences, more than half of you said you had pets of both species. And most of the people who owned only one type of animal said they also liked the other. This seemed to counter the trend in U.S. households, where cats outnumber dogs.

But according to Alan Beck, Sc.D., a noted animal behaviorist from Purdue University, those national figures are somewhat misleading. We haven't become a nation of feline fanatics; it's simply that a lot of people who like cats keep more than one, and a lot of them have dogs, too.

So what makes people fall into one camp or the other? "The people who choose cats are a special breed," he says. "Something in the cat's appearance is babylike, and it brings out the nurturing instinct." These cat fans—mostly women—are likely to have several and to dote on their individual pets' personalities.

Beck also gives the lie to another assumption—that cats are loners. "Cats stick to themselves in the wild," he says, "but if they live in a place where enough food is available, they will coexist happily with others."

Dog owners, on the other hand, are likely to love all animals. That's why they own cats, too.

Like Cindy Slaney, of Westbrook, Maine, who writes, "Our cats, all strays, seem to know we saved their lives and show us we're important to them every day. Our dogs just want to make us happy. Life would be boring and a little lonely without our pets." We think that says it all.

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PERSONAL JOURNAL

Important insights into the way we feel



Guidelines for visiting

■ WHEN TO VISIT

Try to call on the person as frequently as you did before she became sick. But phone first and say, "I was thinking of stopping by this afternoon if you're up to it. If not, I'll come by another time."

■ HOW LONG TO STAY

The shorter your visit, the better. Spend no more than half an hour with a seriously ill person. If you've come a long way, break up the time. Stay for fifteen minutes, then go to the visitors' lounge for half an hour before returning to the patient. Watch for signs of fatigue, such as loss of concentration and stifled yawns.

■ WHAT TO BRING

The best gift by far is your visit. But if you want to give something more, good choices include a plant (as long as it's not heavily perfumed); a personal item such as a nightgown or bathrobe; magazines; fun, non-demanding books, such as love stories and thrillers; videotapes (if the patient has a VCR); and music cassettes (if she has a Walkman). Check with the invalid's doctor before bringing candy or food.

How to have good bedside manners

If the thought of visiting a seriously ill friend or relative makes you feel nervous, you're not alone. According to experts, most of us feel apprehensive approaching someone who's quite sick, no matter how much we care.

The roots of such unease run deep. "There's a discomfort in dealing with the unknown," says Sister Rosemary Moynihan, M.S.W., assistant director of social work at Memorial Sloan-Kettering Cancer Center, in New York City. "We live in a society where many people move away from their extended families, so they don't see a lot of illness."

Another person's sickness also serves as a reminder of *our* mortality, says Herbert Fensterheim, Ph.D., a psychologist and clinical professor of psychology in psychiatry at Cornell University Medical College, in New York. "It sets up the potential of our own death," he explains.

Understanding why you feel uncomfortable is the first step toward becoming a good visitor. But what should you say and do when you approach the patient for the first time? Keep it simple but sincere: " 'I'm sorry to hear about your illness' is good for starters," says David Edwin, Ph.D., a clinical psychologist who works with seriously ill patients and their families and doctors at Johns Hopkins School of Medicine, in Baltimore.

Don't go bounding into the patient's room,bursting with good humor. A sick person who has a low energy level or is in pain will only feel tired—or even annoyed—by a visitor who seems determined to cheer her up. It's also inappropriate to act morose, however. You're there to comfort the patient, not to make her feel worse.

Take your behavioral cues from the patient, Edwin advises. Some people may want to talk about their illness; others may want to discuss the scores of the ball game. If the person is upset, he says, give her the opportunity to express her feelings.

If the person seems persistently depressed, be as sympathetic as possible. The medication she's on may be affecting her emotions or—if she's a friend—she may find it easier to reveal her true feelings to you so she won't overburden her spouse and family. Whatever you do, Edwin says, don't back away.

When the patient first gets sick, resist the temptation to tell her about someone else you know who's suffering from the same illness but whose condition has improved. Although this news might offer her encouragement later, if you tell her at the onset of the illness, "it doesn't allow her the chance to vent her feelings, and it signals that you don't appreciate what she's going through," explains Michael Stefanek, Ph.D., assistant professor of oncology at Johns Hopkins School of Medicine. Nor should you tell her about someone with the same illness who's doing worse than she is, or who has died. That will only add to her fears.

Your dependability is just as important as your sympathy. The most common fear patients have is that they will be abandoned, says Sister Moynihan. If you always used to call or visit once a week before the patient became sick, continue to do so now.

Ask if there's anything specific you can do for her. Say something like, "I'm making chicken soup today would you like some?" Let the patient's family know that you're willing to help *them* out as well, advises David Edwin. "If they ask you for a favor, make it a high priority because it's probably difficult for them to make the request."

Don't assume that because a patient is elderly, she has an *(continued)*

Who are the brightest kids in America?



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(continued) easy time accepting her illness. "There's a tendency to say, 'The patient is in her seventies, she's lived a full life,' " says Sister Moynihan. "But these people are still sick. And they often don't have the support that younger people do; some of their friends or family may no longer be around."

One of the hardest situations of all for a visitor is facing a friend or relative who is dying. What can you possibly say or do to be of comfort? You may not have to say anything at all, says Joyce Yasko, R.N., Ph.D., associate director of nursing and patient-care services at the Pittsburgh Cancer Institute at the University of Pittsburgh. "Your presence, your touch and eye-to-eye contact say, 'I really care; I'm not leaving,' " she explains. "Being there and crying with them if you have that kind of close relationship is important because the situation *is* sad."

You can help a terminal patient make the most of the time she has left by showing her how memorable her life has been, says Yasko. Going through photo albums with her, if she's agreeable, is a good way to do this. You can also help her eliminate the should-have-dones from her life. "Tell her, 'Let's start with today. What do you want to do? Who do you want to see?' " she suggests.

Finally, keep in mind that you can best help a patient by concentrating on her needs rather than your own awkwardness. Letting her know that you're there for her is truly the best medicine you can give her. —LINDA LEUZZI

Beating the end-of-the-weekend blues

It's six o'clock Sunday evening, and all of a sudden it hits you: a sense of depression, even of dread. Tomorrow is Monday—back to work. Sigh.

Whether you call it the Sunday-night blues or the end-of-the-weekend blahs, most of us have experienced the sensation at one time or another. In fact, say experts, it's perfectly normal to feel sad or anxious when Sunday evening rolls around.

"That's the time we have to shift gears from the weekend, which is fairly unstructured, to the pressure of the work environment, which is much more stressful," says Sonya Rhodes, Ph.D., a psychotherapist in private practice in New York City. "Sunday night is a transition time, and most of us don't want to give up the relaxed mode we get into over the weekend."

Even people who like their jobs can feel melancholy about going back to the office the next day. "That's because the tension level is starting to build up," says Rhodes. "You begin anticipating all the work on your desk and the numerous problems that might come up during the week. For most people, that generates a lot of anxiety."



It's possible, though, to ease the Sunday-night blues if not banish them entirely. Here's how to feel more revved up for the workweek ahead:

■ Allot yourself enough time for fun on the weekend. Most of us use Saturday and Sunday to catch up on all the chores and errands we pushed aside during the workweek. Or we're busy car-pooling our kids to myriad activities. But it's nice to be able to cross some of those must-dos off your list; scheduling too many chores can leave you worn-out and unsatisfied. You'll feel more relaxed if you limit the amount of time spent on errands. Tell yourself you'll devote only Saturday morning to what must be done; the rest of the weekend will be reserved for some activity you and the family have always wanted to do—something physical, perhaps, like ice-skating or bike riding, that gets you all not only out of the house but exercising, too.

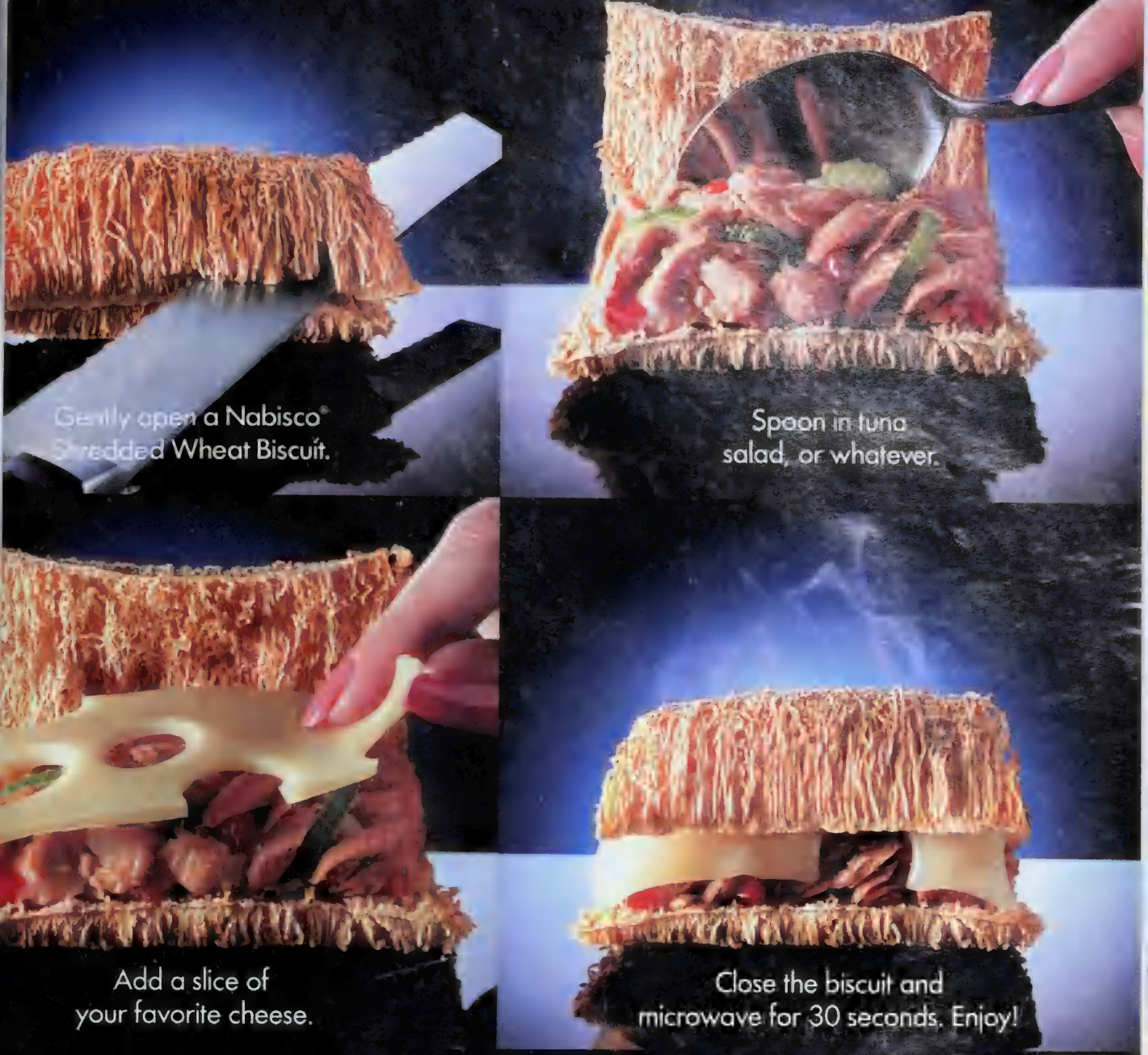
■ Use part of the weekend to prepare for the upcoming week. If office responsibilities seem overwhelming, make a list or schedule of what you will do and when you will do it, then put it aside and force yourself not to think about work until you're actually there.

■ Think of something special to do on Sunday night, even if it's simply watching your favorite television show, renting a movie you always wanted to see, or flipping through that pile of magazines at the side of your bed. Invite friends over for a potluck dinner (paper plates, everybody cleans up). Not only will you end the night on a pleasant note, you'll be so busy enjoying yourself you won't have time to think about the week ahead.

■ Plan something for Monday that you're really looking forward to: a lunch date with a good friend, dinner out with your husband, exercise time (just for you) after work, even an appointment with the hairdresser. If you have something scheduled for Monday that will make you happy, Sunday will be a day of pleasant anticipation rather than anxiety.

Although a mild case of the Sunday-night blues rarely indicates a deeper problem, "if the depression starts to carry over to other days of the week—and you dread going to work every day—that's a sign that something about your job is bothering you," says Rhodes.

"In that case, start making some evaluations. Weigh the satisfactions and dissatisfactions you find in your work and think about whether it's time to make a change." —PAMELA GUTHRIE O'BRIEN



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PERSONAL JOURNAL

simple pleasures

Spring flings

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■ Lighten up a little: switch to some new pastel pantyhose.

■ Trade your wintry potpourri for a fresh scent, like Crabtree & Evelyn's Spring Rain.

■ Date your mate: Invite your husband out for a romantic dinner—get dressed up, meet him at the restaurant and hold hands across the table.



■ Buy a double-dip ice-cream cone and savor it outside in the sunshine.

■ Get your bicycle out of the garage and go for a long ride.

■ Buy lacy white curtains—or stitch some up—to hang in your sunniest window.

■ Don't let a rainy day dampen your spirits. Buy a bright red or yellow slicker and some snappy rubber boots and splash through the puddles with the kids.

■ Serve up some springtime favorites—asparagus with lemon and butter, and fresh strawberries and whipped cream for dessert.

■ Put away your heavier winter perfume and try a lighter floral scent.

■ Pull your grill out of storage and stage the season's first barbecue—even if it's still too chilly to eat outside.

THE LHJ '90s NETWORK

Our monthly reader call-in poll

This month, tell us your dreams...
Which of the following fantasies would you most like to come true?

A) Winning a million dollars in the lottery

B) Getting to my ideal weight and then being able to eat whatever I want without gaining a pound

C) Having a perfect marriage to a man who understands my needs

D) Having children who appreciate me and never question my decisions

E) Going on a date with Tom Cruise

Call 900-370-5626 by May 15 to tell us your answer. The first minute will cost you seventy-five cents; each minute thereafter will cost fifty cents. You must use a touch-tone phone.

What wives really want

Husbands of America, take note. In response to our special Valentine's Day question on the LHJ '90s Network, women from across the country called to tell us what they wished their spouses would do more often: share the housework, cuddle up or make love. The hugs had it with 46 percent. Sharing the housework came in second, and making love lagged way behind with only 12 percent of the vote. Clearly, when it comes to connubial bliss, a warm embrace can't be beat.


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THE AMERICAN MOTHER

a landmark survey for the 1990s





What do today's mothers love about being a mother? What makes them nuts? Here, the myth-shattering truth about parenting—as only Journal moms can tell it

By Margery D. Rosen

It's spring 1990, and babies are blooming everywhere. They burble from Snugglies and strollers; they beam from billboards and catalogs. Maternity seems to rule every airwave: There's Stephanie on *Newhart*, Charlene on *Designing Women*, nearly everyone nubile on *thirtysomething*. Even *L.A. Law*'s high-powered Ann Kelsey abandoned her legal briefs for baby clothes—at least temporarily. Not since Donna Reed's heyday has society—not to mention pop culture—paid such homage to Mom.

But how does Mom herself feel about the subject? To mark the first Mother's Day of the new decade, we asked—and you responded, twenty-two thousand strong. You told us in no uncertain terms that mothering today can be wonderful—but it's *not* your sole reason for being. Yes, you embraced the experience—72 percent of you would do it again. A startling 49 percent of you, however, declared that you were just as happy *before* baby as after, beating the 44 percent who said having a child made them happier (only 7 percent were less happy).

(continued)

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1 package (4-serving size) JELL-O® Banana Cream Flavor Instant Pudding and Pie Filling
¾ cup milk

►**Dissolve** gelatin in boiling water. Stir in cold water. Chill until slightly thickened. Mix in 1 cup of the whipped topping. Stir in ¾ cup of the strawberries. Pour into pie crust; chill until firm, about 15 minutes.

►**Whisk** pudding mix into milk. Fold in 1½ cups of the whipped topping. Stir in remaining strawberries. Spread mixture over gelatin in pie crust.

►**Chill** until set, about 2 hours. Garnish with additional sliced strawberries. Makes 8 servings.

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(continued) "What these figures tell us is that while having children brings women much joy—it doesn't guarantee happiness," says Nancy L. Marshall, Ed.D., research associate at the Wellesley College Center for Research on Women, who helped us analyze the responses. Clearly, women find fulfillment in other facets of their lives, too—their marriages, their jobs, their volunteer work. As one respondent told us, "Though being a mother is probably the most important thing I can do, it's just as important—for myself as well as for my kids—that it not be the *only* thing I do."

Our survey challenged other myths about mothering. Heard the one about the working mom who lugs around a briefcase full of guilt every day while her stay-at-home sister laughs all the way to the sandbox? Well, forget that supposed schism. In truth, the two share more similarities than differences. Oh, there's guilt aplenty—but it's equal-opportunity guilt. Stay-at-home moms are almost as likely as employed moms to wish they had more time to spend with their kids: 47 percent versus 59 percent. On one point, however, working moms and stay-at-home moms do differ. The most stressful time of day for employed moms is, not surprisingly, dinnertime. At-home moms struggle with kids' bedtime.

49 PERCENT OF MOMS WERE JUST AS HAPPY *BEFORE* THEY HAD CHILDREN AS AFTER

Guilt notwithstanding, *Journal* moms believe they're doing a pretty good job: 74 percent of all respondents think their kids are turning out well (24 percent have mixed feelings, but only 2 percent think they've failed). Maternal satisfaction doesn't seem to require a resident dad; 70 percent of single mothers also believe their children are growing up just fine, thank you. The widest variations came according to children's ages: More than three quarters of the mothers of infants and school-age kids are happy—so far—with the way their kids are turning out, but that number slumps to under two thirds for mothers whose youngest kids are either teenagers or already grown. And take a bow, Grandma: Sixty-two percent believe their own mother did as well as or better than they're doing.

What else did we learn about the nineties mom? Here, some of the fascinating highlights.

Moms and work

Another myth laid to rest: that given the choice, most women would prefer to stay home with their kids. In fact, when asked if they'd continue to work even if they didn't need the paycheck, 53 percent of employed moms said they'd stay on the job; 41 percent would stay home and 6 percent aren't sure. Many, however, yearn for better schedules: Eighty percent of employed women wish they had the luxury of working part-time.

What's more, working moms surprised us with their degree of satisfaction; 71 percent said they're pleased with the child-care arrangements they've chosen. The most pleased: those whose husbands can stay home and watch the kids while they work, and those whose children are in a day-care center. The least sanguine: mothers whose kids are either home alone or with a sibling or home with a baby-sitter. We suspect, from readers' comments, that the issue of accountability looms large, as does that of expense. "It's difficult and expensive to find a top-notch baby-sitter to come to your home," notes Marshall, "and even then, you can never be sure of quality. At least in a day-care setting, there's a daily schedule and you get feedback from other parents."

53 PERCENT OF EMPLOYED MOTHERS WOULD CONTINUE TO WORK —EVEN IF THEY DIDN'T HAVE TO

What about Dad?

Do you love your kids more than you love your husband? No, most moms (53 percent) say, I love them equally. (One respondent put it nicely: "I love them *differently*.") Likewise, most women with more than one child love all the children equally, too.

When it comes to who does what at home, 43 percent report their husbands help with the housework—but only when asked (men, it seems, aren't big on volunteering). And 38 percent say husbands share equally in the child-rearing responsibilities. (For 19 percent, the traditional separation of powers remains: Mom may go to work, but she still does everything else, too.)

Clearly, though, men's priorities are beginning to shift. Young moms report that 44 percent of *their* husbands help with the kids. "I think we're seeing a quantum shift in how men view their roles as fathers," notes Marshall. "That's the first step. Perhaps our daughters' generation will see even more." *(continued)*

WHO ANSWERED OUR SURVEY?

Responses came from all over the country: 41 percent of respondents live in the suburbs; 29 percent live in cities; 30 percent live in rural areas.

Fifty-nine percent are twenty-five to thirty-nine years old; 25 percent are forty to forty-nine years old; 13 percent are fifty or older; 4 percent are under twenty.

Eighty percent are married.

Sixty-five percent of respondents are currently employed; 30 percent are not employed; 5 percent are retired.

Twenty-three percent have one child; 42 percent have two children; 35 percent have three or more.

Forty-six percent have school-age kids; an equal number (34 percent) have toddlers/preschoolers or teenagers; 27 percent have adult children.

Seventy-two percent had their first child when they were in their twenties; 17 percent were teenagers; 11 percent were in their thirties and .4 percent were in their forties.

Twenty-five percent have a high school education; 46 percent have had some business or college education; 24 percent have graduated from college.

Forty percent have family incomes of $40,000 or more; 33 percent have family incomes between $25,000 and $39,999; 20 percent have incomes under $25,000.

Both of these women have a miserable allergy.



Before Dimetapp.®

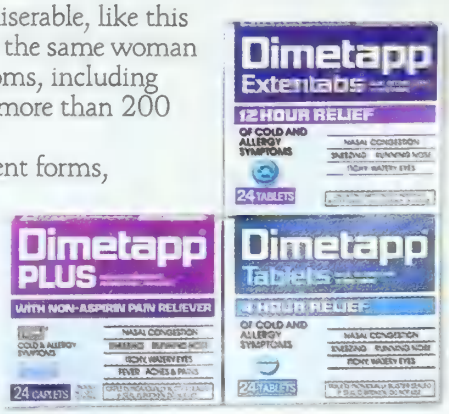
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(continued) Most women also agree with their spouse on parenting issues, though 59 percent sometimes fight in front of the kids. But they do make up—86 percent are also affectionate in front of the children. Nevertheless, while two out of three would not stay in a bad marriage for the sake of their children, one third would.

Sex and abortion

Despite the sexual revolution, 42 percent still say sex was the hardest subject to talk to their kids about. (Runner-up: talking about feelings and emotions.) Almost two thirds of the moms first brought up the birds and the bees when their children were school-age (six to twelve years old), though older moms were more likely to have waited until their children were teenagers to discuss sex—and 29 percent either waited until their kids were teenagers or never even broached the subject. Still, mothers today are realistic when necessary: Fifty-three percent would give contraceptives to sexually active teenagers who asked for them. When asked what they'd do if their unmarried teenage daughter became pregnant, 31 percent would encourage her to have an abortion and an equal number would ask her to have the baby but put it up for adoption; 24 percent would expect her to have the child and raise it herself, and 12 percent would raise their grandchild themselves.

As for their own sexual experiences, mothers of all generations were equally as likely to be pregnant when they got married (one in five were), and one in four respondents has had an abortion.

The frustrations

What's the biggest problem mothers face? No waffling here. Finding more time for themselves (35 percent) stumped the most women, followed closely by feeling tired all the time (29 percent). And though most respondents no longer aspire to Supermomdom ("I've never felt I had to be perfect," one woman wrote, "just that I had to try to do as well as I knew how to do at the moment"), moms also admit they need to think about themselves more. "Learning to be kinder to myself is one of the hardest things I'm trying to do," one reported. "It won't kill us to eat peanut-butter-and-jelly sandwiches for dinner once in a while."

What upsets women the most about being a mother? The largest percentage of women told us: "When my kids and I fight." However, as expected, a closer look reveals that the stresses and hassles of child rearing change as kids grow older. Whereas mothers of infants and preschoolers were most likely to be upset "when my children cry or whine," or "when my kids and I fight," mothers of teenagers and adult children echoed the immemorial complaint: "I hate it when my kids shut me out." And 59 percent of all moms agree the teen years are still the most trying to get through.

WHAT'S THE BIGGEST PROBLEM MOMS FACE? FINDING TIME FOR THEMSELVES

If you could make some changes, what would you do differently? Seventy-four percent wish they could control their temper better. And while 85 percent believe that there are unquestionably some things about their kids they can never alter, they struggle with different forms of discipline. One sobering discovery: Though fewer than 5 percent believe they *have* psychologically or physically abused their child, 16 percent admit they worry that the stresses of their lives might so overwhelm them that they would inflict harm.

WHAT DO MOMS HATE MOST? WHEN THEY FIGHT WITH THEIR KIDS

Hopes and fears

What do today's mothers want for their kids? Ninety-six percent hope their children do well in school. While almost half would also like their children to be attractive and well liked, they are less concerned about their athletic prowess. And more women (43 percent) hope their kids' futures will find them happily married, followed by financially secure (31 percent) and fulfilled in their work (26 percent).

Forty-six percent of our mothers admit that their biggest worry is that their children will be hurt or die in an accident. The most unbearable thing a child could do? Mothers would be equally troubled if their child committed a crime, took drugs or lost faith in God. In another question, while 89 percent of all mothers would encourage their children to have friends of a different religion or race, marriage is another matter. One in four would be upset but would still accept their child's decision to marry outside their faith. Half say they would accept their child's decision to marry outside their race; one in four would find it intolerable.

The joys

What aspect of mothering brings women the most joy? Mothers find it hard to choose, voting equally for the time-honored rewards of "watching my children grow into the kind of people I want them to be," "the love the kids show me" and "knowing I'm doing the best I can for my kids."

What *is* the best thing you do for your children? Fifty-nine percent believe their most important mission is to "tell my kids how much I love them" as well as "to encourage them to think for themselves." And perhaps as a testament to old-fashioned virtues, the two qualities most moms hoped to instill in their offspring are honesty (59 percent) and a sense of responsibility (53 percent). It's not surprising, then, that 74 percent would go with their child to the police station to report an unidentified wallet with $25 in cash. Or that 91 percent say they would send their child to school even though a classmate had AIDS.

The lucky ones

Despite the aggravations, despite the lack of time, despite the guilt, most women would not have it any other way. And, those who became mothers in their thirties or forties seem to be even more delighted with pregnancy, childbirth and child raising than those who had their children when they were younger.

One truism hasn't changed since the days when Mom wore shirtwaists, flips and black eyeliner out to there: We just love to *be* with our kids. ("I can't believe how delighted I am simply to sit for hours and watch my infant daughter play," one respondent told us.) It is abundantly clear that for most women, the experience of mothering still brings more intense frustrations, heartaches—but also more joys—than they ever dreamed. Happy Mother's Day, *Journal* moms. ■

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PARENTS' JOURNAL

A guide to child rearing in the nineties
By Mary Mohler and Margery D. Rosen

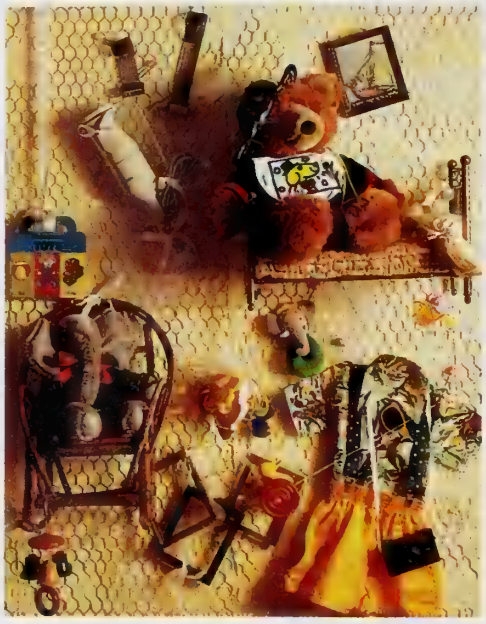
SPEAKING THEIR LANGUAGE

YOU AND THE KIDS DON'T ALWAYS AGREE WHEN IT COMES TO WHAT THEY SHOULD EAT? MAYBE YOU NEED A KID-CUISINE VOCABULARY LESSON. HERE, OUR UPDATED GLOSSARY OF TERMS. BY VICKI LANSKY

CASSEROLE Favorite foods that go uneaten because they are mixed together
COOKIE (LAST ONE) An item to be eaten, very slowly, in front of a sibling
CRUST The part of a sandwich saved for the starving children of China
FAT Microscopic substance detected visually by children on pieces of meat they do not wish to eat
FRUIT A natural sweet not to be confused with dessert
JELLY BEAN The only vegetable all kids will eat
LOLLIPOP Snack provided by people who don't have to pay your dental bills
NATURAL FOOD Food eaten with unwashed hands
WATER Unpopular beverage consumed in underdeveloped countries

From THE TAMING OF THE C.A.N.D.Y. MONSTER by Vicki Lansky. Available in bookstores or by mail from Practical Parenting, Dept. L, Deephaven, MN 55391 ($7.95 plus $2 postage).

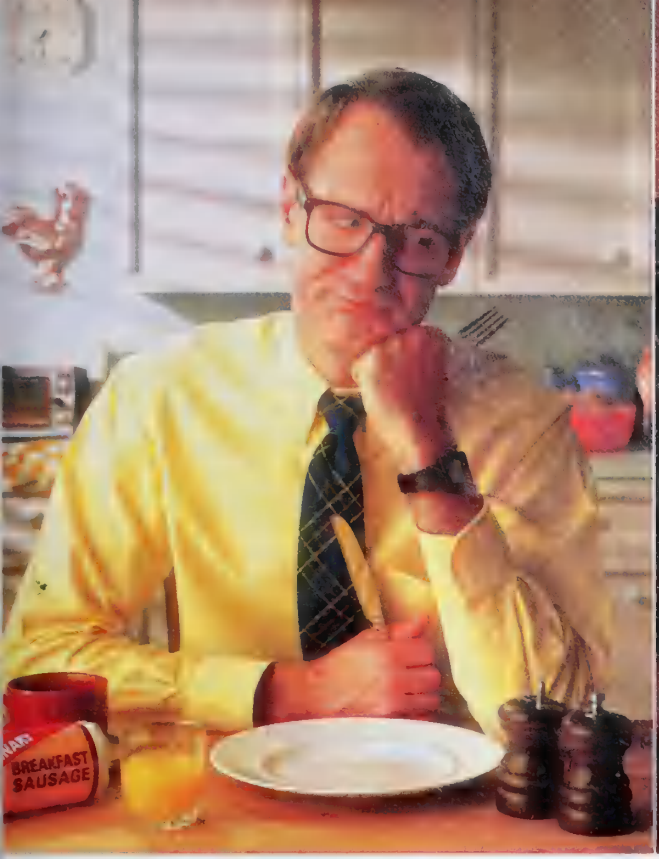
17 GREAT GIFTS EVERY NEW MOM NEEDS—REALLY!



THE TROUBLE WITH BABY GIFTS IS THAT MOST OF THEM ARE PRETTY AND SWEET—BUT, FRANKLY, USELESS. SO LET US SUGGEST SOME WISE BUYS FOR NEW MOTHERS

BY KATHLEEN WALDRON

1. A collection of pacifiers. They're always falling out of the stroller, getting lost in the car or behind the crib, or shared with the cat or dog. A mom can't have too many.
2. **A coupon for an evening of free baby-sitting, a morning's housework, several loads of laundry or grocery shopping. Any new parent would be thrilled to take a break.**
3. Plastic measuring cups and spoons, inexpensive metal pots and pans and other nonbreakable kitchen ware—for baby to play with while Mom cooks.
4. **Film—plus a gift certificate for developing.**
5. A lightweight, unbreakable mirror. Rest it on the floor or inside the crib; babies love to watch themselves.
6. **Books made of heavy cardboard, soft cloth or plastic pages. Look for those with large, bright illustrations or photographs of babies or animals.**
7. Picture frames. New parents can never have too many.
8. **Personal gifts that match the nursery's theme and color scheme: framed prints, a music box, a toy box with a cushioned seat, a crib mobile.**
9. Baby clothes that aren't size 3 or 6 months. Buy nothing smaller than 2T, and make sure clothes are appropriate for the season. Look for: play clothes rather than dress-up; one-piece stretchies that snap up the front; shirt-and-shorts sets.
10. **Classic toys, like those you had: wooden blocks with painted-on letters, a fabric ball, rattles with bright colors and a pleasant sound, stuffed animals.**
11. Parenting reference books. Our favorites: always reliable and sensible, *Dr. Spock's Baby and Child Care* (Pocket Books, 1985); *Your Baby and Child from Birth to Age Five*, by Penelope Leach (Knopf, 1989); *Mother's Almanac* (Doubleday, 1975); *The New Child Health Encyclopedia, Boston Children's Hospital* (Dell Publishing Co., Inc., 1987); *Who's In Control?* by Dr. Lawrence Balter (Simon & Schuster, Inc., 1989).
12. **A hand blender for homemade baby food. Not a beautiful gift, we admit, but it purees or just plain mushes small amounts of food quicker and easier than a large blender.**
13. A first-aid kit, complete with thermometer, acetaminophen drops, syrup of ipecac, gauze pads, rubbing alcohol, medicine dropper, nasal syringe, baby sun block.
14. **A baby pack—for hikes, shopping trips or even just walking around the house or yard when the baby's fussy.**
15. A rocking chair for those long nights.
16. **One month's diaper service or several boxes of disposable diapers. (Even parents who use a service need disaposables for overnight visits or extended outings.)**
17. An answering machine. When a new mom finally gets the baby down for a nap, she deserves time for herself. This way, she can get your message—and her beauty sleep.





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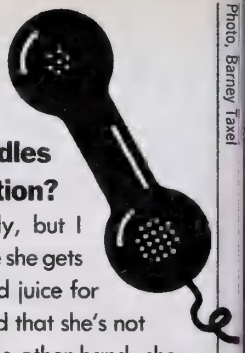
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ASK THE DOCTOR



Photo, Barney Taxel

My three-year-old daughter won't eat anything but noodles for dinner. Is this okay, or is she in danger of malnutrition?

It's important to start teaching kids about good food selection early, but I wouldn't worry greatly about this kind of food favoritism. Just make sure she gets something from the basic food groups at her other meals—cereal and juice for breakfast, maybe some peanut butter for lunch—and a multivitamin and mineral supplement if you're concerned that she's not getting a balanced diet. The last thing you want to do is get into a power struggle with a three-year-old; on the other hand, she shouldn't be permitted to get away with saying no. She should be expected to take a bite of everything the others are eating. Also, try to involve her as you're making dinner; she may be more inclined to eat food that she has helped to prepare.—Joseph Chiaro, M.D.

My one-year-old still gets the scaly, thick dandruff he had as a newborn. How can I get rid of it?

Your child has what is known as seborrheic dermatitis, which you may have heard referred to as cradle cap when he was an infant. It's really nothing more than dandruff, and it's not typically a reaction to anything—just a normal shedding of skin. Certain skin types—dark complexions with oily skin—are more prone to it. You can control it with any commercial over-the-counter dandruff shampoo. The condition may appear to worsen the first time you use the shampoo, and then it will begin to get better. Do not add baby oil or any oil-based preparation to the child's hair—that will just cover up the condition and may ultimately make it worse.—J.C.

My five-year-old has a persistent case of ringworm. I used the cream the pediatrician prescribed, but the infection keeps coming back. Is there another form of treatment I can try?

Ringworm, or tinea corporis, is a superficial fungal infection of the skin. The condition has nothing to do with worms; the name comes from the appearance of the lesion, which is circular with a clear center. Ringworm will usually respond to a topical antifungal cream; the most popular are miconazole, tolnaftate, haloprogin (all available over-the-counter) and clotrimazole. The most common reason for ringworm's persistence is not using the medication long enough. It takes seven to ten days for the condition to improve, with another two to three weeks of treatment for it to completely resolve. The medication must be used as directed on a daily basis, as sporadic use will slow response. A second reason the condition may persist: Some strains of fungus are less responsive to one drug than another. If you're using the drug as directed and the fungus doesn't respond at all within a week, return to your doctor to change medication and perhaps culture the fungus.—Michael Muszynski, M.D.

Got a question about your child's health? Ask the doctors on the Pediatric Healthline at the Arnold Palmer Hospital for Children and Women, in Orlando, Florida. Call 800-727-9434 any Tuesday between six P.M. and nine P.M. EST. The Pediatric Healthline for May and June will be sponsored by The Clorox Company.

THEIR SECRET GARDEN

GIVE EVERY CHILD HER OWN PIECE OF TURF. BY LAURA TAXEL



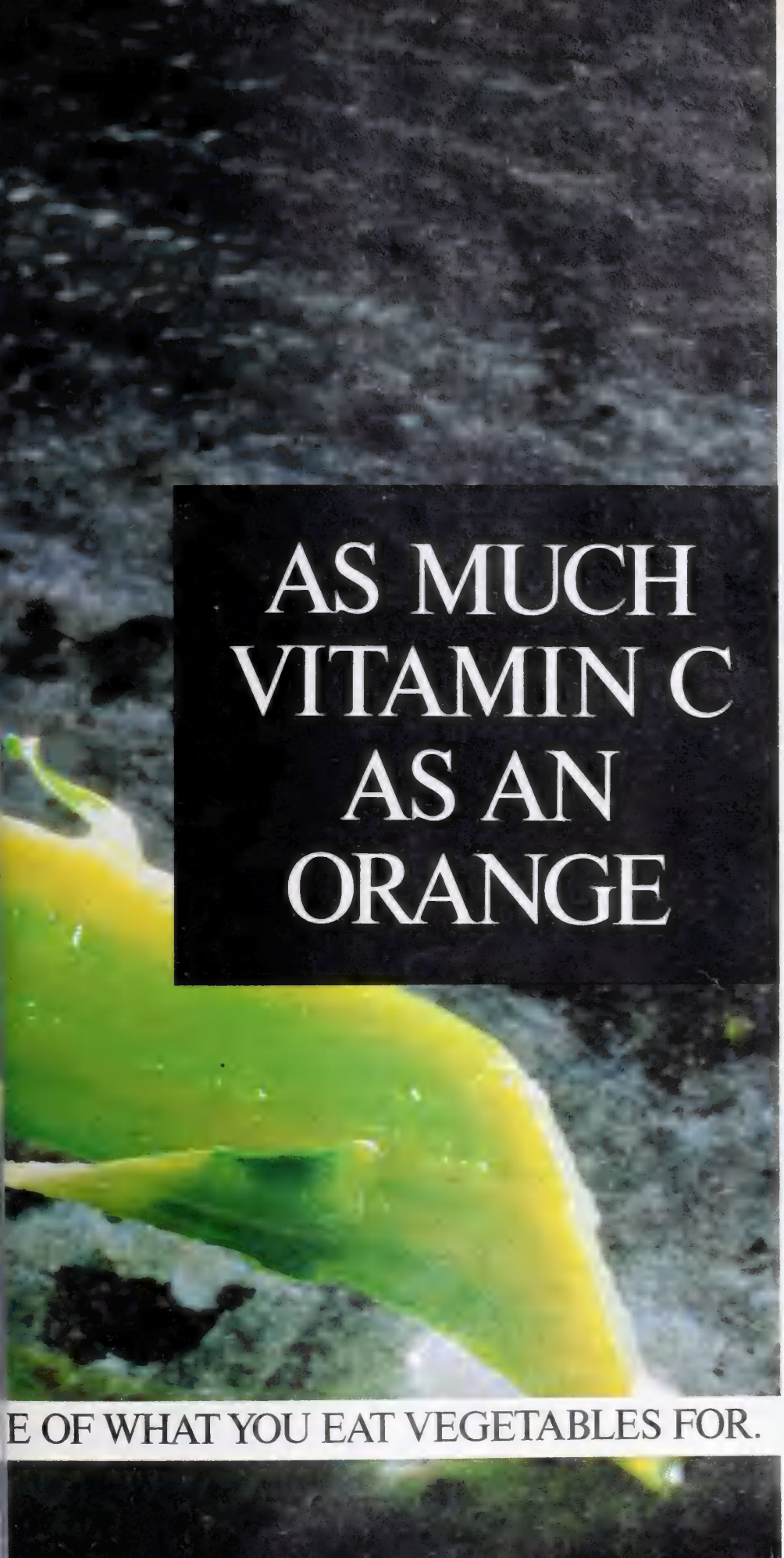
Gardening with kids has both joys and problems. While my two delight in digging and planting, their enthusiasm can result in crushed seedlings and a harvest of weeds. So I invented barrel gardening. Each child is responsible for watering and tending his own garden. The small area is just right for a youngster's attention span (no single job is too overwhelming). And I can testify that no patch of ground was ever more lovingly tended than that in a barrel. Every little change was hailed as a miracle, a scientific discovery, a personal accomplishment.

WHAT YOU'LL NEED (you can buy everything at a garden or nursery center):

- One half wooden barrel per child
- 40 pounds loose, porous topsoil
- 50 pounds gravel


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New Liquid Clorox 2.® Now more brighteners than any liquid bleach.
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BIRDS I



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E OF WHAT YOU EAT VEGETABLES FOR.

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Birds Eye Broccoli is broccoli at its best. It's picked at its peak. Then flash frozen to help preserve the nutrients.

TASTE

The bright green color gives it away. Even before you taste it, you know every stem, every floret of Birds Eye Broccoli will taste crisp and delicious.

SERVING

Broccoli and Cheese Omelette. Fold cooked Birds Eye Broccoli and grated cheese into an omelette.

BIRDS EYE

Broccoli Spears

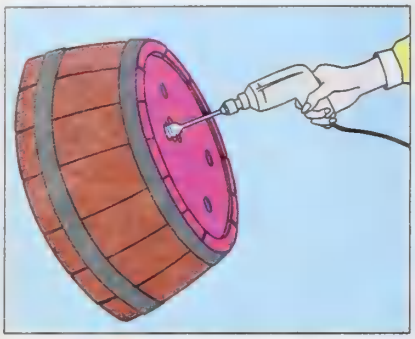


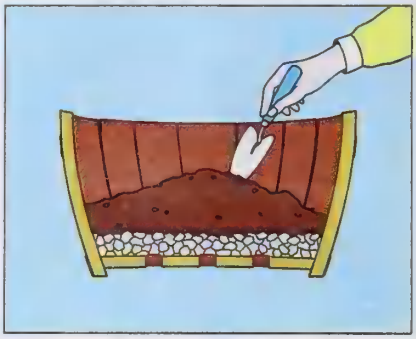
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continued

10 pounds sand
10 pounds peat or vermiculite
1 pound compost (dried cow manure, guano, etc.)
Vegetable or flower seeds, or seedlings

Barrel gardens have enough space to grow two tomato plants; one green-pepper, broccoli or herb plant; a row of lettuce, carrots or cucumbers; plus a few marigolds to help keep away bugs. All varieties of bush and dwarf vegetables are terrific, as are any vertical crops such as pole beans and peas. Also easy to grow: chives, basil, parsley. Here's how to proceed.







WITH AN ELECTRIC DRILL make five drainage holes in bottom and one on each side. **NEXT, LAYER THE BOTTOM** with three inches of gravel, then fill with topsoil mixed with sand, and peat or vermiculite. You can also buy prepared planting mixtures such as Metro-Mix #350 or #500, made by W.R. Grace and Company. Add compost. **PLANT THE GARDEN** after the danger of frost is past. Keep in mind that starting everything from seed can result in overcrowding, and, unfortunately, young gardeners are notoriously reluctant to weed. Better: Plant a combination of seedlings and seeds. Tomatoes, lettuce, broccoli, green peppers, basil and parsley are best as seedlings. Carrots, beets, peas, beans and cucumbers do well from seeds.

• Plant cucumbers near edges so growing plants can be draped over the sides. • As tomatoes and peppers get taller, tie to three-foot stakes. Pinch back tomato plants so lower branches fill out. Never pinch yellow flowers, only tiny branches (called suckers) that grow between large branches. • Kids can keep all their tools—small spade, watering can, hand-held cultivator—in a pretty basket or box. • Water regularly. Barrels dry out quickly, so check the soil daily. • Add earthworms and ladybugs to barrels to aerate the soil.



UNDERSTANDING KIDS

BY LAWRENCE BALTER, PH.D.

My seven-year-old daughter has been impossible lately. She refuses to do the simple chores I ask her to do—like setting the table or putting toys away. I can't ignore her behavior, but spanking her or taking away TV doesn't seem appropriate either. Help!

You're quite right in saying you can't ignore her behavior. However, in order to promote cooperation on her part, you need strategies more effective than threats, spanking and unrelated punishments. Cooperation at this age is best achieved when everyone plays a role in the decision-making process. A seven-year-old can certainly understand that there are many jobs to be performed for a family to run smoothly and that they must be divided among its members. Rather than imposing particular tasks, give her a choice. Once chores are apportioned, they should be written out to avoid ambiguity. Make a list or chart, and place it where everyone can see it. Next, establish some ground rules to make sure the tasks get done. Here, too, your daughter should participate by recommending consequences for neglecting to carry out her responsibilities. Another way to get chores done is to make them routine, so she doesn't even think about doing them. Establish a dinnertime ritual: When you indicate it's time for dinner, for example, your daughter should know that she has to turn off the TV, wash her hands and set the table before sitting down to eat. Make it fun for her—let her experiment with different place settings or table decorations. When it comes to putting away her toys, you can help her get into the habit of cleaning up by giving her a hand at times. You might establish a rule that any toys she doesn't put away will be prohibited for a specified period of time. That way, you've logically linked the punishment to the crime.

Dr. Balter is a practicing psychologist and professor of educational psychology at New York University. He is the author of *Who's In Control?* (Simon & Schuster, 1989). His most recent project is Stepping Stones Stories (Barrons, 1989), a series of illustrated books for children.

Illustration, Peter Peluso; photo, Tom Sobolik/Black Star.





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After all, imitation slices are made mostly from oil and water and hardly any milk. But each ¾ oz. slice of Kraft® ngles is made from five ounces of milk. That's what makes em taste better. So give your child Kraft® Singles. We bet u'll get one great big smile.



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FOUNDATION TRANSFORMS TO A SMOOTH POWDER FINISH.

SMOOTH

SKIN TRANSFORMS TO PERFECT. LIQUID OR CREAM.

COTY

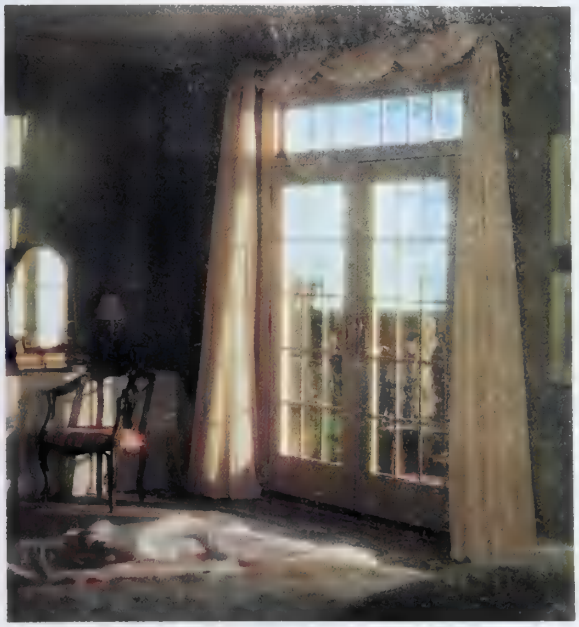
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We've got your ticket to the very best products, trends and ideas for the way you live today



Does a room in your house need an overhaul? Here, a look at the newest remodeling ideas, plus good questions to ask your contractor

Great windows can give any home a brand-new view. We found styles that are worth looking into



Renovations

HOW TO BUY SMARTER

It's better to be safe than sorry: Protect your home and your family with a security system. Here's how to choose the best one for you



RENOVATIONS

By Linda Fears

WHETHER YOU'RE ADDING A NEW ROOM OR EXPANDING AN EXISTING SPACE, THE REMODELING POSSIBILITIES ARE ENDLESS. WHAT DO THE MOST-REQUESTED RENOVATIONS HAVE IN COMMON? DESIGNS THAT MAKE THE MOST OF THE GREAT OUTDOORS





Home remodeling has never been more popular. For many people, the price of updating a house room by room beats the high cost of a new dream house. The most-wanted renovations today, according to a recent survey by the National Association of the Remodeling Industry, are kitchens, bathrooms and patios. And style-savvy homeowners aren't going for just a few extra square feet—they want unexpected drama: wide-open spaces with soaring ceilings, architectural designs (be they ultramodern or new country) and lots of natural light. Details, P.S. 12. For more on kitchen renovations, see page 168.



Home suite home, top: Classic French doors provide a gracious entry to a bedroom patio. Center: Let there be light. A series of skylights takes advantage of a pitched barn roof and offers a glorious treetop view. Bottom: A wall-size Palladian window lets the sun shine in a breakfast-room addition

e've been working for 140 years so anyone can make this in one day.

At Singer, we've been working hard for 140 years on sewing machines that do only one thing. Make sewing easy.

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Weekend updates

WANT INSTANT STYLE? HERE, TWO EASY IDEAS THAT OFFER PLENTY OF OLD-WORLD ELEGANCE: BLACK-AND-WHITE FLOORS AND VICTORIAN BORDERS



If your entry hall needs a little sprucing up, a classy checkerboard floor may be your best bet. But you don't need to purchase pricey ceramic or slick marble tiles to make a terrific first impression. We discovered a great-looking vinyl floor in an always-right black-and-white checkerboard pattern—Starstep Solarian by Armstrong. The "Black Tie" pattern, from the Encore Collection, comes in rolls of six or twelve feet and features a Solarian urethane no-wax wear layer so it stays new-looking longer. It's perfect for a high-traffic foyer—and ideal for the kitchen, too.

Does your living room need a lift? Try a Victorian border



More luxurious than wallpaper, Lincrusta, invented in 1877, is a delicately sculptured material similar to linoleum (it's super-durable) that can be painted or stained, and provides great coverage for wall cracks and other imperfections. These elegant Victorian-style borders from Crown Relief Decorations are a snap to install. Details, P.S. 12.

new products

The Home Contractor™ by Seiko Instruments is a one-of-a-kind handheld computer that can tell you at the touch of a button the amount of paint, wallpaper, wall panels, tiles and carpet necessary to redecorate a room—as well as the size of the air conditioner and heater needed! For more information, call 800-873-4568 from 8 A.M. to 4:30 P.M. PST. For professional painting results, try Wagner's Power Roller Painting System and Power Brush Painting System. These cordless products provide a constant, even flow of paint through a hose connected to a lightweight container that's strapped to your side. Four D-cell batteries supply enough power to apply sixteen to twenty gallons of paint. Available at hardware, home-improvement and mass-merchandise stores across the U.S. For more info, call the Wagner Spray Tech Corp at 612-553-7000.



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The more you know about your dog's day, the less you'll want to feed him supermarket pet food.



6 am: Sleeping and storing energy.

7 am: Dog needs to utilize energy stored during sleep.

8 am: Eating a balanced breakfast.

9 am: Requires fats in the diet to provide sustained energy.

10 am: Nature calls. Smaller stool means more nutrients absorbed by dog.

11 am: Tissues rebu during naptime.



NOON: Vitamins in diet help clear eyes to spot mailman.

1 pm: Recharging batteries while sleeping.

2 pm: A healthy reward: Iams Biscuits.

3 pm: Needs fatty acids and proteins for thick, healthy coat.

4 pm: A pre-dinner nap.

5 pm: Greetin troops.



6 pm: Needs balance of nutrients and fatty acids to keep nose and footpad leather pliable.

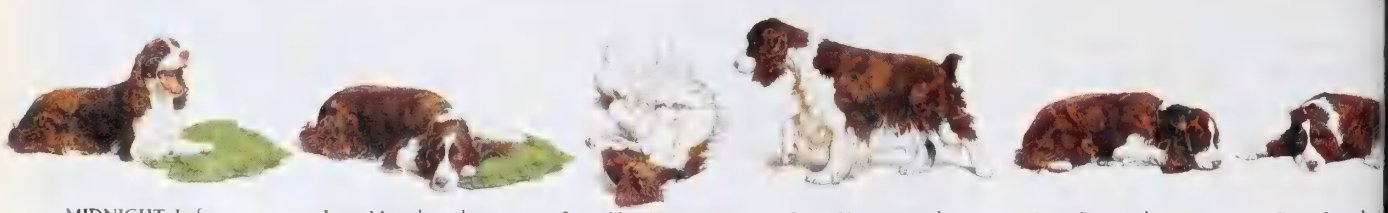
7 pm: Dinner should contain quality meat protein.

8 pm: Energy needs to be kept at optimal level.

9 pm: Nutrients replenish energy while sleeping.

10 pm: Good muscle tone achieved through good nutrition.

11 pm: Pr fiber which in proper



MIDNIGHT: In for the night.

1 am: Most dogs sleep eleven hours a day.

2 am: Nutrients repair muscles during sleep.

3 am: House patrol.

4 am: Proper diet provides amino acids and minerals for bone growth.

5 am: Let slee dogs lie.

In a typical day, your dog's energy demands can vary greatly. So he needs maximum nutrition from his food. And if your dog is eating supermarket pet food, he may not be getting the optimal nutrition found in every bag of Iams. And, isn't a proper diet one of the most important things you can do for your pet?

Iams uses only high quality meat protein, balanced with necessary fats, vitamins, carbohydrates, and minerals. All highly concentrated and digestible, which means more essential nutrients will be absorbed. And that efficiency pays off in a healthier dog. You can see it in his firm muscle tone, smaller stool, and shinier coat.

In other words, if we can get every dog to eat Ia every dog really will have his day. Iams is not sold in supermarkets, but you will find it at pet stores, feed stores and veterinarians.

For more information, call 1-800-525-4267 (IAMS).

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Window shopping

VATION DOESN'T SSARILY MEAN CKING DOWN THE .S AND RAISING ROOF—SOMETIMES ACING YOUR WIN- S IS THE BRIGHTEST OF ALL



Right: Pella elebrates classic American style ith its Architect Series. Three les, clockwise n top: Mission, olonial, Prairie



For a quick shot of style for your home both inside and out, make way for windows. This year's National Association of Home Builders' Show in Atlanta showcased Marvin's new Corner Window. Though futuristic-looking, it's actually a salute to Frank Lloyd Wright—he used a lot of corner windows in the early 1900s, but technology then wasn't sophisticated enough to prevent leakage and insulation problems. Marvin's is fully insulated. Details, P.S.12. ▶

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I plan to. __ Build __ Remodel __ Replace

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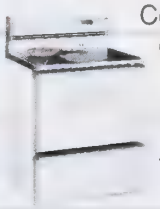
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is attached to every window and door of the house, anothe
the adjacent windowsill or doorjamb. Whenever family meml
enter, they must quickly deactivate the alarm by entering a c
on a keypad located inside, by the door. (They must enter
code again to rearm the system.) If anyone opens a doo
window without punching in that code, the contact between
two sensors is broken, and
alarm is tripped. Howe
these sensors react only w
a window is being pushe
pulled open; they cannot detect shattering glass. So to pro
against window-smashing intruders, homeowners can bu
special feature called a glass-breaking detector.

You can also hook up your system to a home-monito
service—when the alarm is activated, an automatic ph
dialer notifies a monitoring center, which in turn calls the po

Install-it-yourself systems

Although professionally installed security systems are the
popular, you can purchase some basic, do-it-yourself kit
electronics stores, such as Radio Shack, hardware stores
discount stores such as K mart. Most are relatively easy to pu

For instance, the X-10 Powerhouse Protector Plus Systen
X-10 (USA) Inc. requires no tools for installation; you simply
the control box into an electrical outlet. At a list price of $11
is one of the most inexpensive models, but you get only one
or window sensor (each additional sensor costs extra).
Keepsafer Systems by Schlage require only a screwdriver
range in list price from $120 for a system with one senso
$449 for a more sophisticated unit. The Keepsafer can als
expanded with accessories that are commonly available

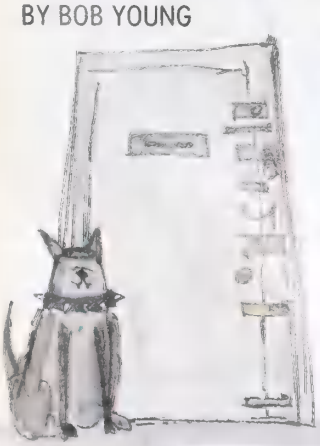
HOW TO BUY SMARTER

With burglary now reaching epidemic proportions, more and more families are protecting themselves with home-security systems. Although burglar alarms are more reliable and easier to operate than ever, uninformed consumers may buy a more complex and expensive model than they need. Before shopping for a system, it's important to learn the essentials.

Home security

ALL YOU NEED TO KNOW ABOUT CHOOSING THE BEST ALARM SYSTEM TO SAFEGUARD YOUR HOUSE.

BY BOB YOUNG



Alarm systems range from the basic, install-it-yourself models to computerized "smart home" systems that combine security and home maintenance. But the main components of every security system include sensors, the eyes and ears of the unit; a control box, the system's brain, which processes information from the sensors; an alarm, such as a siren, which alerts those in the area to the presence of an intruder; and a keypad to arm and disarm the system.

A magnetic or electronic sensor

It pays to protect yourself: A U.S. home is robbed every ten seconds

P.S. ■

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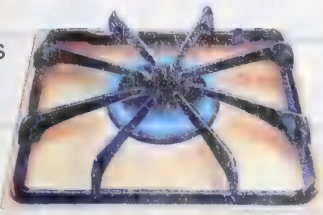
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decide which one is right for you. Here is some expert advice. ■ To find out how sophisticated a model you really need, call your local police department. Many police forces have a crime-prevention unit that will inspect your home and help assess your security needs, often for free. ■ In many cities and counties, you are obliged to get a permit before you install an alarm system; check with your police department. ■ If you live in a small apartment and you're reasonably handy, consider a unit you install yourself and take along if you move. ■ If you go with the pros, be sure to do business with a reputable dealer and monitoring service. Ask the company if they are a member of the National Burglar and Fire Alarm Association, or call the association at 301-907-3202 for names of members in your area. ■ Don't be shy about asking questions. Make sure you understand how to operate the system before the installer leaves your house. ■ Don't be talked into buying an unwieldy system for a small space, or one that seems difficult to operate. This often leads to discouragement and false alarms. ■ Insist on getting a copy of any contract you sign with an installer or monitoring service. Read it carefully and make sure all the terms are spelled out. ■ A good alarm system with a fire-detection unit can save you up to 20 percent on homeowner's insurance. Ask your insurance agent about discounts. ■ If you decide to use a monitoring service, find out from police if you'll need another permit. Also ask if you can be fined for false alarms. If so, consider using a service that will immediately call your number back to confirm a break-in before phoning police. ■ Finally, no matter what system you choose, make sure it has a loud alarm.

Home security

ofessionally installed units, such as breaking-glass detectors 12.99), smoke alarms ($67.99) and automatic phone-dialers 99). (Monitoring services cost about $15 a month.)

eaving it to the pros

ofessionally installed systems are generally more sophisticated an the do-it-yourself variety. Prices vary according to home layout, the number of entryways to be protected, added features and labor costs, but expect to pay anywhere from a w hundred to several thousand dollars. What you'll get is all ds of high-tech hardware to fortify your house. A good ample is the Attender line of home-security systems manufac-ed by Aritech/Moose. It has all the security basics, plus a tion detector that works through ultrasonic waves. Optional tures include smoke detectors and heat sensors that are so nsitive they can detect the slightest movements in a room or llway through infrared beams. To help reduce false alarms, se heat sensors have a "pet alley" feature that allows animals roam without triggering the alarm. Prices for the Attender stem start at $495.

Right on the cutting edge are "smart home" systems like Unity stem's Home Manager and Hypertek's HomeBrain. Aside from oviding state-of-the-art security, these systems can keep each om at its own temperature level and control lights, appliances d even your lawn sprinklers. This technology comes with a fty price tag—the Home Manager and HomeBrain run from ,500 to $15,000, roughly, depending on selected features.

hoosing a security system

th all these systems available, you may wonder how you'll ever

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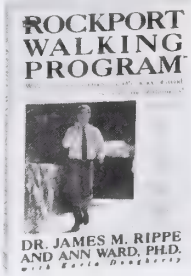
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Hiring a contractor

BEFORE YOU SIGN ON THE DOTTED LINE, BE SURE YOUR CONTRACTOR IS THE BEST ONE FOR THE JOB. ANSWERS TO THESE QUESTIONS WILL GIVE YOU A CLUE

"Do you have a list of references, and can I see any work you've done before?"
Always ask for a list of references. Talk to former clients about the quality of a contractor's work and his ability to stay on schedule and within a budget. You may also want to call your local Better Business Bureau to see if any complaints have been filed against the contractor you're thinking of hiring. Investigate his reputation with trade suppliers and banks. Ask what associations he belongs to—this will tell you what, if any, specific requirements he has met. The two remodeling associations are the tional Association of the Remode Industry (NARI) and the Nati Kitchen and Bath Associ (NKBA)—both can send you co of their guidelines.

You may also want to inquire a the credentials of the salespe and designers your contractor p to work with. NKBA sponsors ar tensive training program in kit design (Certified Kitchen Desig and NARI has a similar prog (Certified Remodeler) for those have demonstrated their experi and professionalism in general modeling.

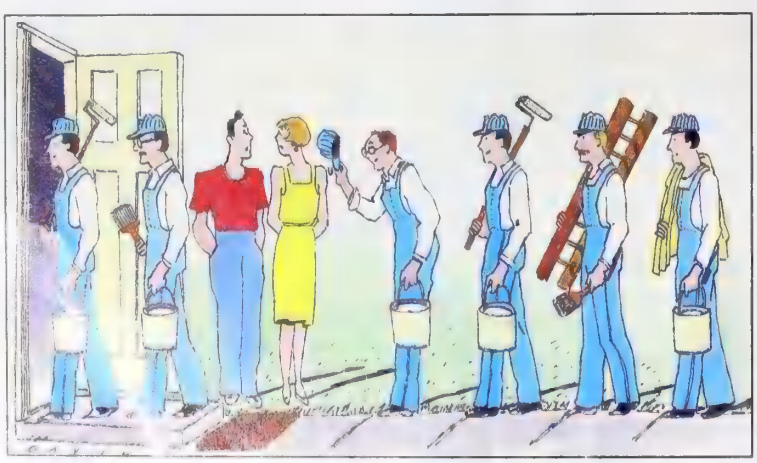
Finally, ask to see a sample contractor's finished work at a l trade show or a previous cli home.

"How long have you been in business?"
The contractor's answer will indi stability in general and also sug whether someone will be aroun help in the years to come, sh there be a problem.

"How many workers will you bring with Are they insured?"
The number of workers depend the complexity and nature of the For instance, there may be one penter, a carpenter and a helpe several tradespeople at once. out if the contractor carries ei general liability insurance or w ers' compensation. Most reput contractors will carry both type insurance.

"Is your work guaranteed?"
Typically, remodeling compa guarantee labor and materials one year. You may want to ask pr ous clients if the contractor was sponsible and timely on callback make repairs after the work completed.

"What is your payment schedule?"
This should be spelled out in deta the construction contract. Give s cial attention to the down payn and the amount of money due u completion of the work. The sched must be fair to both parties, but



Find out the size of the work crew—will there be room for you?

be assured of completion be- final payment.

ve live at home during the renovation? ou be using any materials that may be ous for children? Do your workers ?"

be shy—ask any questions that in to the comfort of your family. of the time you can live at home g a project. A good contractor ask off rooms, cover carpeting furniture with tarps, and sweep the end of each day. Work can ly be done around you, but to e the safety of children and pets, them out of the way. Some rials are dangerous—if the men are using hearing protec- and respirators on the job, be- . You have a right to know what rials will be used in your home. ddition, if you don't want work- smoke in your home, put it in the act.

many jobs will you be working on at

nswer tells you how a contractor's work will be organized and whether he'll keep up a reasonable pace. Contractors often take on too much work at one time. If they do, your job could suffer.

"What time do you start and finish daily?"
Don't let a renovation take over your life. (Murphy Brown may not mind her painter, Eldin, creating masterpieces on her walls at midnight, but that's not for all of us!) Contractors usually follow an eight- or nine-hour workday; sometimes it can be altered if their schedule doesn't mesh with yours.

"In what order will the work be done?"
Get a complete rundown before you sign anything. Have the contractor explain exactly what will happen when. You should also be warned about the kinds of problems that could arise, such as delayed deliveries. A good contractor will keep up-to-date records of how the job is progressing, and he'll always be ready to share that information with you. You don't want any surprises.



Make certain house rules—workers should leave before the late show

"Are you available by phone?"
Always find out how to reach the contractor should you have a question or concern that requires an immediate response. If you have an idea for changes, always talk directly to him, not to the subcontractors. You may want to ask prior *(continued)*



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WHERE-TO-BU GUIDE

P.S. 2: French swinging patio door by W is part of Wenco's JX-7 line. For information, write Wenco Windows, Box 1248, Mount Vernon, OH 43050. G kitchen with skylights designed by S Reno Wharton Associates, Greenwich, Breakfast room designed by Pennoyer T Architects P.C., New York City. Palla window by Marvin Windows. P.S. 4 a The Lincrusta friezes are available at s nationwide. For information on local de on the East Coast, call Bentley Brothe Louisville, KY, 800-824-4777; on the coast, call Classic Ceilings in Fullerton, 800-992-8700. DuPont's three certified Stick Brands (Teflon, SilverStone and Si Stone Supra) are available in a wide varie housewares at leading discount, general chandise, variety, department and spec stores. P.S. 7: For more information Marvin Windows, write Marvin Windo P.O. Box 100, Warroad, MN 56763; 346-5128 (in MN: 800-552-1167). For information on Pella's Architect Series, 800-524-3700.

(continued) clients whether he was accessible.

"Will you put together a typed contract of the work to be done, materials to be used, prices and length of work?"

The contract should be very detailed in terms of what the contractor is going to do (and what he's *not* going to do) and how much the job will cost, as well as any permits required and who will obtain them. Plans, specifications, job description and payment schedule should all be included in the contract. It should also address final payments, warranties, allowances (items such as wallpaper, hardware and carpet, which have usually not been selected by the time the contract is executed), collection, duplication and matching to existing finishes, salvage of removed property, contractor's liability for damage, damage insurance as well as liability and workers' compensation, change orders and arbitration (or method of settling disputes).

Information provided by Tom Kelly of the Neil Kelly Company, Portland, Oregon, and John Freeman of the John Freeman Company, Dallas.

Good reading

Here's a list of books to help you through any renovation: ■ *Home Renovation*, by Frank Ching & Dale E. Miller (Van Nostrand Reinhold, 1987) ■ *This Old House Guide to Building and Remodeling Materials*, by Bob Vila (Warner Books, 1987) ■ *Planning the Perfect Kitchen*, by Bo Niles and Juta Ristsoo (Simon & Schuster, 1988) ■ *Housewise*, by Suzanne Brangham (Harper & Row, 1987) ■ *The Complete Guide to Remodeling Your Home*, by Kent Lester & Una Lamie (Betterway Publications, 1987) ■ Want to keep track of your renovation step by step? Get *The Home Owner's Journal: What I Did and When I Did It*, an easy-to-use book that will help you keep a record of all you do to your home, inside and out. Send $9.95 plus $2 shipping (Minnesota residents must add 6 percent sales tax) to Blue Sky Marketing, P.O. Box 21583-03, St. Paul, MN 55121; or call 800-444-5450.

PRODUCT INFORMATI

P.S. 4 and 5: Learn why it's smart to cho one of DuPont's three certified No-S Brands the next time you're purchasing co ware, bakeware or small electrical ap ances. For the facts about the added valu DuPont's "good/better/best" product of ing, write DuPont Teflon Finish Brandywine Building, Room B4228, W mington, DE 19898 and ask for a free cop "Why the real nonsticks certified by DuP are your best buys." Another great floor idea from Armstrong: Bring the outdoor with Armstrong's new Solarian Supre floorcovering called Floral Trellis. This matic pattern pairs ivy and floral motif create a fresh look in vinyl flooring. Desig to coordinate with today's most popular i rior finishes, Floral Trellis is featured with spring 1990 Laura Ashley "Blueberry" f ric and wallcovering at many floorcover retail locations. For more information Solarian Supreme Floral Trellis, call 8 233-3823. P.S. 7: The Marvin Windows B Brochure colorfully illustrates how the s and style of windows can enhance the appe ance of your home. Information on h window construction can affect energy e ciency and maintenance is also provided. order, call the 800 number for Marvin W dows in the Where-to-Buy Guide.


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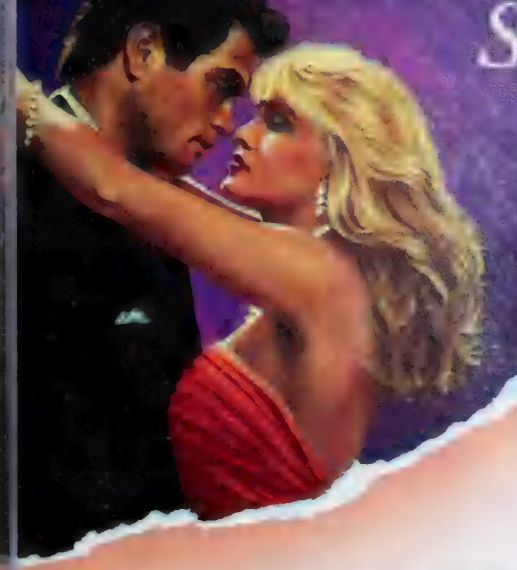
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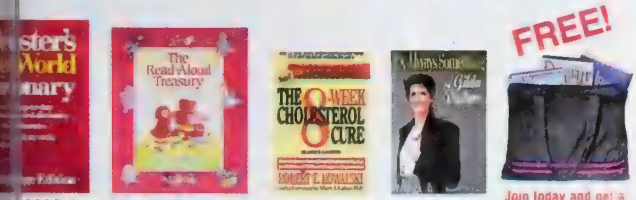
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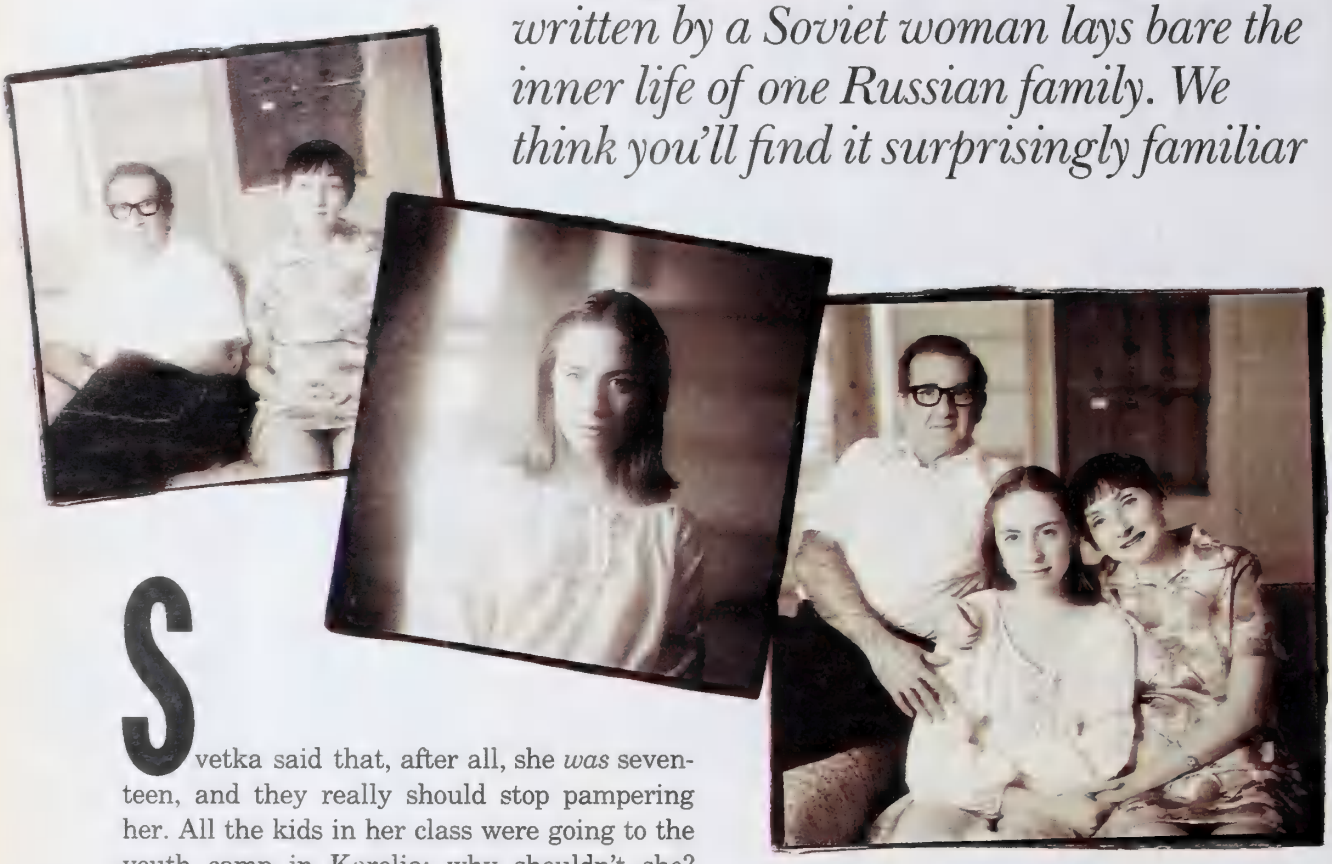
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fiction

HOME

An LHJ first! This glasnost export written by a Soviet woman lays bare the inner life of one Russian family. We think you'll find it surprisingly familiar



Photos, Beth Ava; stylist, Mindy The Stylist.

By Nadezhda Kozhevnikova

Svetka said that, after all, she *was* seventeen, and they really should stop pampering her. All the kids in her class were going to the youth camp in Karelia; why shouldn't she? Yes, she promised to write, in detail, no less than two or three pages. And she wouldn't swim far out, honestly. Svetka's eyes looked so unhappy, Pavel couldn't bear it, and he grumbled: "All right, we'll see . . ."

But Svetka decided: That's it—he's agreed, and beside herself with joy and gratitude, she rushed to kiss her father.

"So, does that mean we should book only for two?" Pavel glanced at his wife undecidedly.

"Yes, that means just the two of us," sighed Marina. "All the same, I'll have no peace of mind. And that'll be no vacation for me."

Svetka left for Karelia at the end of July, while Pavel and Marina lingered on for about a week in Moscow before setting off in the opposite direction, toward the Black Sea.

Their train was to leave at six-thirty in the morning. At this early hour, the streets and the sidewalks of the city were empty, deserted and clear-cut, as in old engravings.

Before the train pulled out, Pavel stood looking out the window. Porters, suitcases, luggage, conductors in dark uniforms, the unmistakable smell of the station . . . And suddenly, as frequently happens in a crowd, he felt sad and lonely. He returned to the compartment. Marina had already taken the chicken, tomatoes and eggs out of her bag.

"It looks like I've forgotten the salt again," she said with an air of guilt.

"You know," Pavel said, "I figured out how long it's been since the two of us have had a vacation just by ourselves. *(continued)*

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Gilbert's Garden Pasta Sauce

1 cup chopped onions
2 cloves garlic, minced
2 Tablesp. olive oil
1 (28-oz.) can Hunt's Whole Tomatoes, undrained and crushed
2 (8-oz.) cans Hunt's Tomato Sauce
1 lb. fresh or frozen mixed vegetables (broccoli flowerets, cauliflowerets, diagonally-sliced carrots, bamboo shoots)
2 cups chopped prosciutto ham
1 cup grated fresh Romano cheese
1 teasp. each: oregano, basil, rosemary, salt and firmly-packed light brown sugar
Hot cooked mostaccioli pasta

In large saucepan, sauté onions and garlic in hot oil 5 minutes. Add remaining ingredients except pasta; bring to boil. Simmer, uncovered, 20 minutes. Serve over pasta. Makes 8 servings.



IT HAD TO BE HUNT'S.



(continued)

Svetka was only three when we took her to the beach for the first time. That means fourteen years have passed."

"Yes, she's already completely grown up. But when I start thinking about her there all by herself . . ."

"She's not by herself. There are twenty of them," Pavel said.

"That's just what bothers me," Marina said. "They're all equals, which means nobody is responsible for anything. If something happens . . . Maybe we should ask the conductor for salt?"

"Stop it, now. If we take it so hard, we'll be basket cases by the end of the month. And really, she's an adult; you can't keep her pinned to your skirt."

"All right." Marina sat down beside her husband. "Help yourself to a tomato. Or do you want me to cut it up?"

At the vacation home, they were assigned a nice big room with a view of the sea. The sheer white curtains billowed in and out of the windows. It seemed as if everything were subject to the rhythm of the waves. One even wanted to breathe in the same measured way.

They got up late, glad they didn't have to rush anywhere. It had been a long time since they'd lived this way. They had forgotten it was possible to simply look at the sea without searching for their daughter among the swimmers, without worrying that she was swimming beyond the buoy. And they could have breakfast in peace, without worrying that Svetka wasn't eating her cereal.

They had been waiting for such a long time for their vacation, the sea and rest . . . and happiness.

The sea was there; so was the moonlight, and the music from the restaurants in the evening. But it seemed something had gone wrong. Perhaps they had postponed the vacation for too long. Or maybe they had simply forgotten how to spend time together.

After supper, they took a stroll along the boardwalk and watched the sea in the blue rays of searchlights. They leaned on the parapet without talking. Nobody was hurrying anywhere. It was impossible to live in such idleness for long. What were they waiting for? Their departure? They went to bed early, at ten o'clock.

Marina went to the post office every day to check for letters—Svetka had sent only one postcard. Marina was hurt to the point of tears, but for some reason, she didn't share her pain v her husband.

They were drifting farther and ther apart.

If something like this had happe in Moscow, it would still be possibl find solace in work, to get lost in bustle of the city. But here, it was being on an island. You couldn't away, couldn't hide.

The first half of the day was tolerable: They'd swim way out, t tan in the sun. Silence was justif who'd want to talk in that heat? M na watched her husband getting ou the water and was glad that her d glasses hid her stare. Pavel lay d next to her; he opened a magazine didn't read. He just turned the pag

They were bothered by the sile the pauses in their conversatio they felt embarrassed, as if they'd ten acquainted only yesterday.

How long had they lived togeth About twenty years. What surpr could they expect? They'd thought t when their daughter grew up t could take it easy, live peacefully.

It turned out that Svetka, for wh sake they had sacrificed enterta ment, holidays and friends, had prived them, not only of their freed but also of something greater that disappeared unnoticed and that



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retrievable.
r lunch, the minute she entered
om, Marina grabbed her shop-
ags.
ere are you going?" asked Pavel.
the farmers' market. I'll buy
ruit, peaches."
left. Pavel knew she was drag-
erself through the heat so as not
with him, not to hear the clock
in the total stillness. On the
vsill was a bowl of peaches that
een bought yesterday. Neither
nor Marina would eat them.
was looking to escape from the
to hide their embarrassment,
helplessness. Pavel thought up
to the bay in the morning.
eem to have put on weight," he
ne day, looking at himself in the
. "At my age a sedentary life-
s dangerous." He felt awkward.
ge! And what about his wife's
Yes, she had aged. He somehow
noticed it earlier.
walk to the bay was along a hot,
andbar. Yet the water in the bay
arvelous. You could see the bot-
even without a mask: shaggy,
olored seaweed, silvery schools of
fish and iridescent jellyfish.
, shiny green rocks stuck out of
ater; it was good to dive from
but you had to be careful not to
get cut by the sharp shells.

Pavel would return for lunch and then lie down to sleep; the three-hour walk in the heat was exhausting. As he was falling asleep, he would think: Fine, at least I have something to do. He was going to sleep, really sleep and not pretend . . .

"Pavel, can you hear me? Come on, wake up!"

Pavel opened his eyes and saw Marina's angry face. The sound of her voice was imperious, demanding. He was surprised—she'd been rather timid with him lately.

"Do you hear me? Svetka is coming. Here's the telegram, take it. She's arriving tomorrow by train."

"But why?" Pavel fingered the telegram, perplexed.

"Why! Something's happened."

"Wait a second. Nothing's clear yet. Maybe she just got fed up with that place, got bored."

"Of course! She was so eager to go, and suddenly . . ."

"Anything could have happened. We'll have to be patient until tomorrow. Then she'll explain herself."

But Svetka didn't explain anything. She stepped off the train in her faded blue slacks, knapsack in hand. For the first time Pavel noticed that she was taller than Marina.

"You're both so tan!" Svetka was all smiles. "We had rain the whole time. Got soaked to the skin."

In the car Svetka leaned out of the window; the wind tousled her light hair, and she raved over everything—the weather, the sun, the sea.

"I missed you!" she said, cuddling up to her mother.

"And we missed you," Pavel and his wife replied almost in unison.

They decided Svetka would sleep on the balcony. Marina went to make arrangements for a cot. Svetka, after scattering her belongings all over the room, urged, "Come on, Dad, hurry up. I'd really like to take a dip."

Instead of the ocean, they went to the bay. They had to walk in single file along the narrow path, and Pavel noticed in front of him his daughter's boyish legs and her white, round-shouldered back. As he followed her he thought, Why has she come? He was worried and yet glad.

At the bay, Svetka threw off her sneakers and socks and rushed to the water: "Cold!" She fastened her hair into a ponytail and took a running dive. Pavel stayed on the beach, watching her splash around. Her hair, which had come undone, trickled down her *(continued on page 154)*



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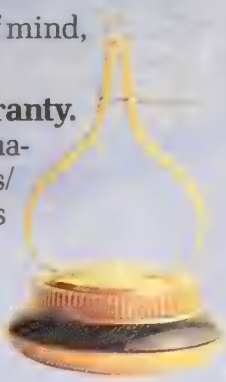
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(continued from page 151)

face like seaweed.

After she'd had her fill of swimming, Svetka lay down on the beach with her narrow pink heels right in front of Pavel's eyes. Lying with her face buried in the palms of her hands, she said: "Dad?" Her voice sounded muffled, as if coming from far away. "Dad, why does everything turn out so damn stupid?"

"What do you mean?"

Svetka got up and lay down beside him, and Pavel looked at her face.

"Daddy, I've realized that I can't live without you two." She sighed. She put her head on her outstretched arms. "I love only you and Mom, and it's impossible, simply impossible, for me to be with guys. You see, all of them are . . . so rude . . ." She was quiet for a while, then looked sideways at her father. "They look at a person—me, for example—and perceive me just the way they see me at a given moment. They don't give a damn about anything else. How can you understand another person if you don't know what happened to her earlier? But they're not interested in that, you know, not interested." Again silence.

"And also, I keep thinking . . . are looks the most important factor in human relationships? Is it possible that if your looks don't attract someone, then nobody will care for your intelligence, your soul? Dad, tell me—" Svetka, half-rising, looked Pavel directly in the eye. "Tell me honestly, am I ugly?"

She waited. But Pavel hesitated; he didn't know how to respond.

"You're pretty," he finally muttered, and turned over to avoid Svetka's attentive face and her wide-set eyes. What answer could he give her? Was there any answer at all? He could see that Svetka wasn't talking in general, but rather about someone specific.

Svetka turned on her side. "Dad, how does love start? You ought to know; you love Mom, don't you?"

"Well, that's complicated." Pavel felt driven into a corner: Oh, Lord, why is she doing this to me? Why didn't she wait for her mother to join us? Marina had an easier time talking to her, woman to woman.

"Complicated?"

"You see," Pavel said, glancing at his daughter, "your mom is an unusual person. I really fell in love with her at first sight. But love, genuine love, comes later. And nobody can foresee how much he's able to feel love. I thought that I loved your mother very much, that it was simply impossible to love her more. Yet it turned out that no, you can love more, and in a more complex way. In such a complex way that you sometimes wonder whether it's love at all. But it is love, only love that has come a long way . . . Your feeling grows and expands gradually, and then, when it's choking you like a lump in your throat, when your heart is heavy, and everything, every movement, every glance, reverberates in you, both with joy and with pain—that's love. And then it recedes a little, but not because it's disappearing; oh no. It's in you like blood, like oxygen—you live by it without noticing it."

Pavel listened to himself and felt: Oh, no, he wasn't saying the right thing. Svetka touched his elbow.

"I understand, it can't be expressed in words . . . But if I hadn't known how much you two love each other, I would have thought that there's no such thing as love. That one could live without it quite comfortably. Why don't we come across it? What's changed so much in the world? The people who once loved will disappear, even the memory of it. And how can you retrieve it?"

Svetka twisted her lips. "My generation, we have a lot of everything. Good-looking girls and boys, and holidays, and fun. Why should you look especially for someone? You'll meet him anyway, with less trouble. Without fail you'll meet handsome boys and girls who are intelligent and cultured, and who don't have the faintest idea about love. Some boy of that sort might follow you. But if you suddenly turn onto a side street, he won't change his course, that's for sure. Because even by a more convenient route, he'll meet hundreds of girls resembling you. Each girl will be your equal because such a boy doesn't need to see anything besides that resemblance.

"You know, Dad, it's difficult for me because I measure everyone against you. When children don't see love in their family, they don't understand what it means to love. The way blind people can't distinguish colors. But maybe something like that is inherited, like your hair, your nose, and eyes? Look," Svetka said, stretching out her hand, "my fingers are just like yours. I noticed it when I was little." She put her palm against Pavel's palm and smiled. "They're exactly the same, see? Will I also fall in love sometime? Will somebody fall in love with me? . . . Since you gave birth to me, I must be happy, mustn't I?"

They had been waiting such a long time for their vacation alone, the sea and rest . . . and happiness. But something had gone wrong.

"Yes," said Pavel. "You're happy now, but you don't realize it. And you'll be even happier, believe me."

"Dad, you know, when I got off the train today and saw you two, I envied you. There you stood, and you even looked alike, just like brother and sister. You were looking for me, and you were turning from one side to another in exactly the same way, as if you were tied together with a string. Then, all at once, simultaneously, you both smiled at me . . . Dad, I wish the same thing would happen to me. I want the man at my side to be reliable, just like you and Mom, and for us to love each other in the same way."

"It'll be like that." Pavel rose to his feet. "It's time to go, Mom will be worried."

"Okay, let's go." Svetka got up, brushing the sand off her knees.

There was a dry crackling of shrubbery, the astringent bitter smell of wormwood, and the sea darkened as if from within. The sun was setting.

Pavel walked in front along the narrow path. He wanted to turn around and ask his daughter why she had come, what had happened over there, but he didn't inquire, since she hadn't said anything herself. Marina would probably find out everything. He had found out what was intended for him.

Pavel involuntarily accelerated his pace; Svetka had a hard time following him. He was in a hurry to get back to Marina, home . . . ■

Nadezhda Kozhevnikova is a native of Moscow. Born in 1949, she has been writing fiction for adults and children for more than twenty years.



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OPRAH'S WONDER YEAR

Ladies' Home Journal
May 1990



The last twelve months have been momentous ones for Oprah Winfrey. TV's talk-show empress has finished her own studio and launched a series, *Brewster Place*. She has also weathered pain—and, she says, "grown up" at thirty-six. In a *Journal* exclusive, Oprah talks about her business, her boyfriend and, of course, her weight. By Eric Sherman



OPRAH WINFREY IN HER NEW SERIES, BREWSTER PLACE (BELOW)



Oprah Winfrey's brand-new office suite is just as impressive as you'd expect, a suitable setting for a star who makes an estimated $30 million a year. Everything's plush and soothing in shades of beige and peach (her handpicked decor). There's a foyer with curved twenty-foot ceilings, the better to bounce back the inspiring sound of gospel singers from her state-of-the-art stereo. Her elegant mahogany desk is covered with framed portraits of her friends: Bill Cosby, Dolly Parton, her handsome boyfriend, Stedman Graham. Remote controls for her TV, VCR and stereo are scattered everywhere—and one is within easy reach of the peach tub where she unwinds after work. But before she settles down for her first major interview in a year, the queen of TV excuses herself—to go turn off the lights in her dressing room.

Turn off the lights? This woman who's extravagant enough to give some staff members free shopping sprees in New York City—this woman is worried about the lights?

Yes, indeed: Oprah keeps track of every penny that is spent by her production company (although she also admits she's so lax about her personal finances that she recently acquired a checkbook with carbons, the better to watch over these amounts, too). As one of the wealthiest self-made women in America explains, "The electric bill was a killer last month."

That's just the kind of down-to-earth remark that has put Oprah Winfrey at the pinnacle of her profession. Women know that although (continued on page 220)

AT THE AGE OF SEVEN, HE SUFFERED THE MOST HORRIBLE SEXUAL ASSAULT IMAGINABLE. WOULD HE RECOVER? A STUNNING STORY OF UNBELIEVABLE BRUTALITY—AND EXTRAORDINARY COURAGE

THE LITTLE BOY FROM TACOMA

BY ANDREA GROSS

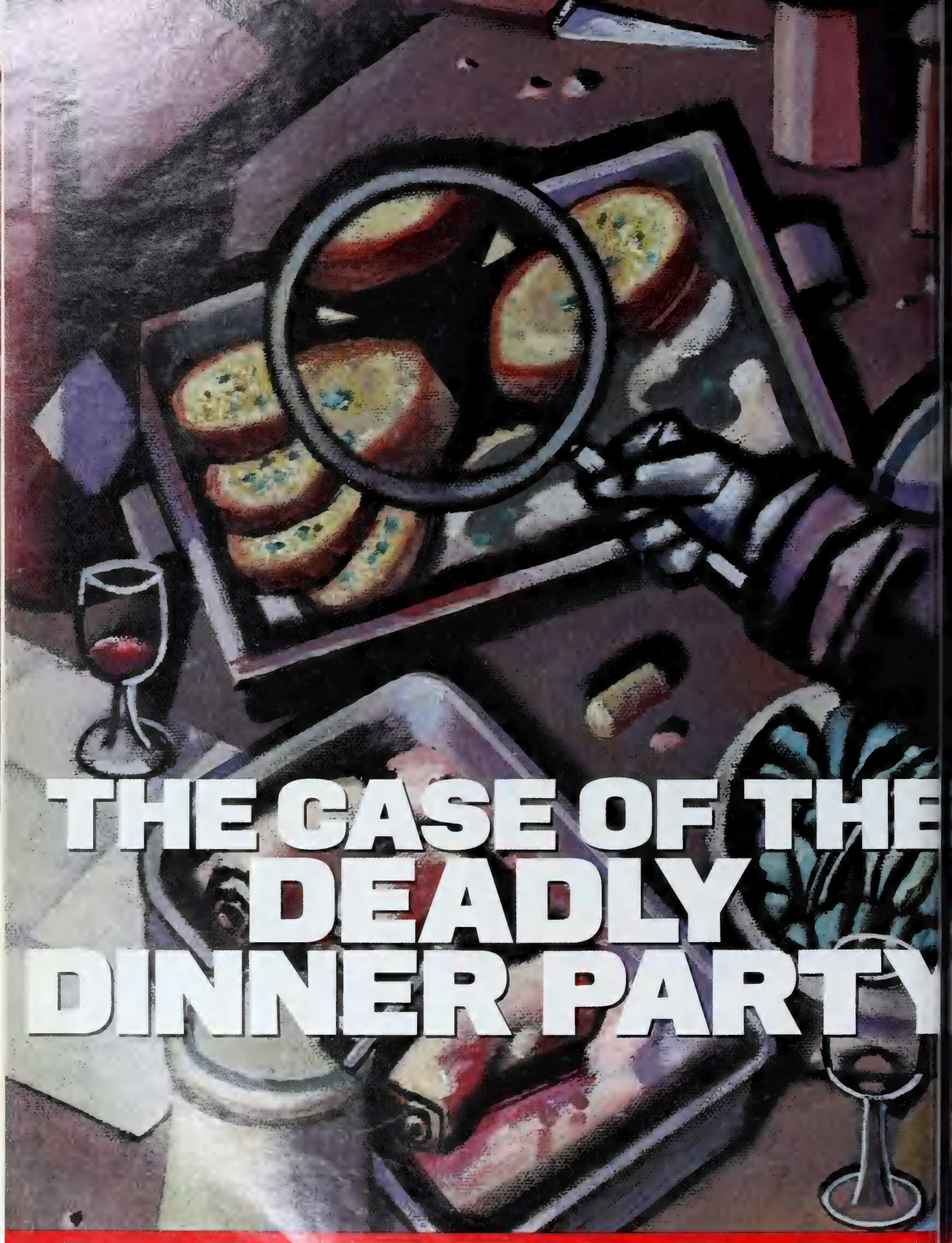
Don't worry, Mom. I'll be home before dark." Seven-year-old Link* let the door slam behind him, jumped on his old red bike and sped off in search of friends with whom he could enjoy the last hours of daylight.

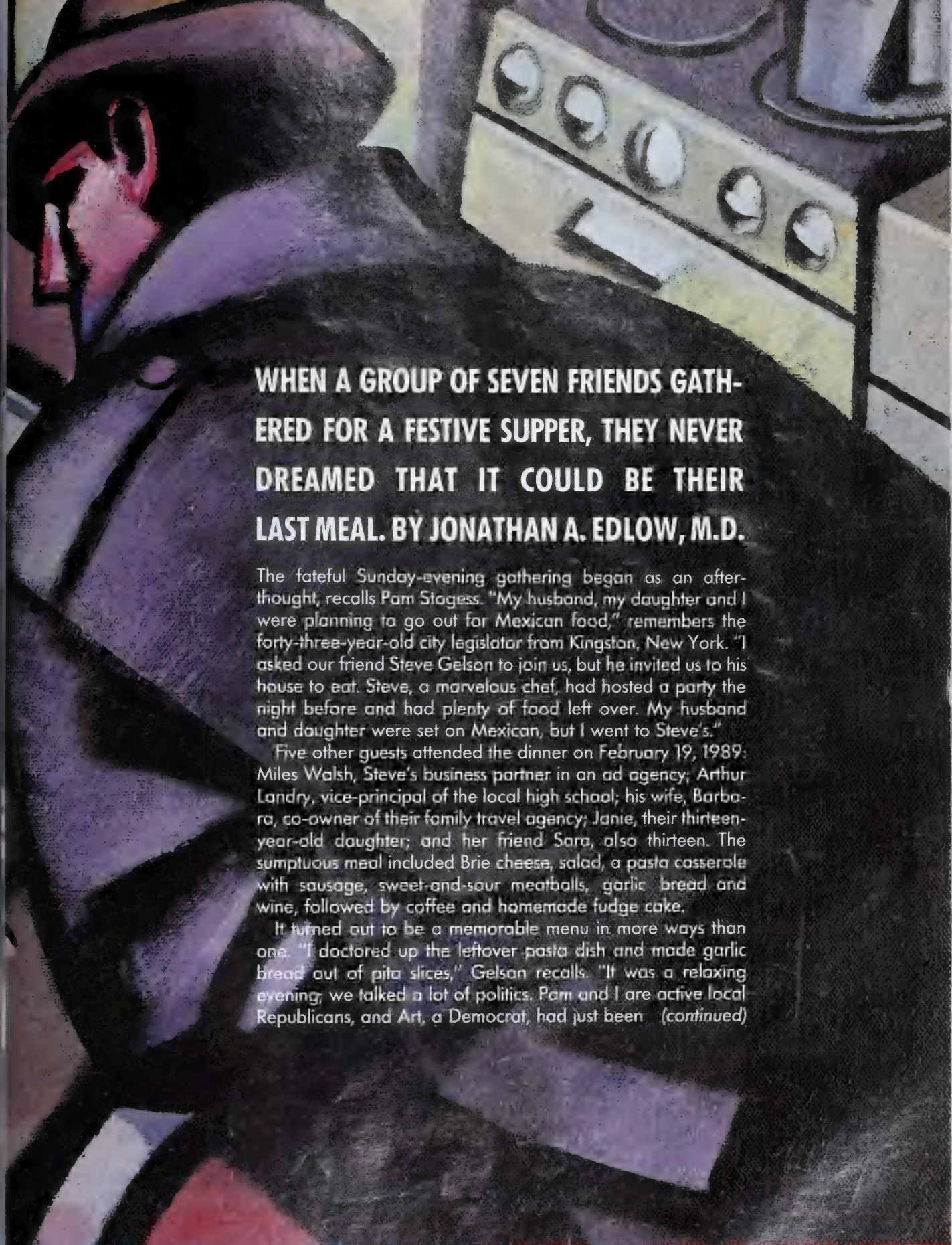
His mother, Helen Harlow, wasn't worried about her son taking a short bike ride on surrounding streets. One of the reasons she'd moved in 1988 to the south Tacoma neighborhood was that it looked like a safe, friendly place to raise her son. "We've lived in a lot of different homes," says Helen, forty, who is a single mother, "but I realized this was the time, and the place, to grow roots."

The day Helen and her son moved in, the doorbell barely stopped ringing. One by one, neighborhood youngsters came by to show Link, a slight, blond boy, the nearby stores, the school and their favorite haunt, "the woods." Comprising about four and a half acres and ringed by houses, the small wilderness area is full of trails, blackberries, creeks and hiding places. To the kids in Link's neighborhood, it was a place to *(continued on page 231)*

*THE BOY'S NAME, AND THOSE OF HIS FRIENDS AND FATHER, HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Ken Firth


THE CASE OF THE
DEADLY
DINNER PARTY
A MEDICAL



WHEN A GROUP OF SEVEN FRIENDS GATHERED FOR A FESTIVE SUPPER, THEY NEVER DREAMED THAT IT COULD BE THEIR LAST MEAL. BY JONATHAN A. EDLOW, M.D.

The fateful Sunday-evening gathering began as an afterthought, recalls Pam Stogess. "My husband, my daughter and I were planning to go out for Mexican food," remembers the forty-three-year-old city legislator from Kingston, New York. "I asked our friend Steve Gelson to join us, but he invited us to his house to eat. Steve, a marvelous chef, had hosted a party the night before and had plenty of food left over. My husband and daughter were set on Mexican, but I went to Steve's."

Five other guests attended the dinner on February 19, 1989: Miles Walsh, Steve's business partner in an ad agency; Arthur Landry, vice-principal of the local high school; his wife, Barbara, co-owner of their family travel agency; Janie, their thirteen-year-old daughter; and her friend Sara, also thirteen. The sumptuous meal included Brie cheese, salad, a pasta casserole with sausage, sweet-and-sour meatballs, garlic bread and wine, followed by coffee and homemade fudge cake.

It turned out to be a memorable menu in more ways than one. "I doctored up the leftover pasta dish and made garlic bread out of pita slices," Gelson recalls. "It was a relaxing evening; we talked a lot of politics. Pam and I are active local Republicans, and Art, a Democrat, had just been *(continued)*

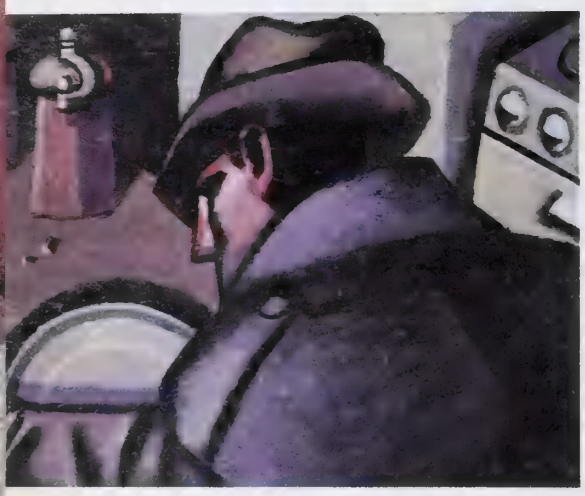
MYSTERY

(continued) told he would soon be appointed to a city commission."

"It was very informal," says Pam. "Steve piled the food up on the counter, and the adults ate in the kitchen. The girls took their plates into the living room and watched videos. We had a grand time, but it was a school night, so by ten P.M. the party was over."

By Tuesday morning, Pam's eyes felt odd. "I thought maybe I'd put my contact lenses in wrong, so I cleaned them and put them back on. But things still weren't right—it was like I was looking at my nose cross-eyed.

"I phoned Steve's office, because as trustees of the Ulster County YWCA, we had a noon meeting. His secretary told me he was home sick, and when I called him, his speech was slurred, and he complained of nausea."



Pam Stogess was so weak she could hardly walk. She told her husband, "I think I've had a stroke."

By that evening, Pam's speech had also become slurred, and she decided she and Steve must have the same bug. Although on Wednesday Steve was so ill he could barely speak, Pam still wasn't particularly concerned about her own health. She thought she probably had a virus that would eventually run its course.

By Thursday morning, however, Pam felt so weak she could hardly walk. She told her husband, "I think I've had a stroke." Shortly afterward, she phoned Steve's secretary, who told her he'd gone to Kingston Hospital. Worried about Steve's health—and her own—she called Steve's doctor, Joseph Mauceri, M.D. As she described her symptoms to him, Pam remembered Sunday night's party and wondered whether any of the other guests had succumbed to the same mysterious illness. Her suspicions were soon confirmed: When she called Art Landry's house shortly afterward, Janie said her dad couldn't come to the phone—he was too sick to talk. Luckily, Janie and Barbara felt fine.

"By now," Pam continues, "I was having difficulty chewing and swallowing." Since her own doctor wasn't in the office, she called Mauceri again and told him of the problems Art Landry was having. He said they should both come to the emergency room at Kingston City Hospital for tests.

Pinpointing a poison

At four P.M. Thursday, Steve Gelson was being evaluated at Kingston Hospital by Leonard Pickard, M.D., a neurologist Mauceri had called in for a consultation. Pickard was still unaware that Art and Pam were also ill, and when he finished examining Steve, he was both puzzled and worried. Two major possibilities occurred to him—myasthenia gravis and Guillain-Barré syndrome—both potentially fatal neurological disorders. "But Steve's symptoms didn't quite fit with either diagnosis," Pickard recalls. Then he heard about Pam, and suddenly everything clicked. "Even though I'd never seen a case, I knew they had botulism," he says. The illness commonly occurs in clusters, and Pam's symptoms pretty much confirmed Pickard's suspicions.

Botulism—which derives from the word *botulus*, the Latin word for sausage—is a rare but potentially fatal form of food poisoning caused by the *Clostridium botulinum* bacteria, which produces a powerful toxin that affects the neurological system and can eventually paralyze the diaphragm, hindering a person's ability to breathe.

The condition usually develops when a person eats improperly processed food, and outbreaks have been attributed to bottled mushrooms, baked potatoes, stews, soups, sautéed onions, home-canned vegetables, meat and fish.

Symptoms—which usually begin within thirty-six hours after ingestion—usually include a period of weakness followed by sight problems and difficulty in speaking, swallowing and, eventually, breathing. Since nausea and vomiting don't always occur, many victims do not suspect a food-related illness.

As recently as thirty years ago, as many as sixty percent of all botulism cases proved fatal. Improved respiratory care and an antitoxin have now lowered that statistic to less than one percent. Today, severely afflicted patients can be put on ventilators, for weeks if necessary, until the poison's grip on the diaphragm has relaxed. The antitoxin is horse serum, prepared by immunizing horses with injections of botulism toxin, then extracting the horse's antibody-rich blood serum and giving it to patients.

Since the antitoxin must be administered as rapidly as possible, the federal Centers for Disease Control (CDC), in Atlanta, stockpiles it at strategic locations across the nation.

A race against time

In the Kingston case, Pickard phoned the CDC as soon as he made the diagnosis.

At five P.M. Thursday, Perry Smith, M.D., of the New York State Department of Health in Albany, got word of the outbreak. He informed his director, Dale Morse, M.D., who briskly *(continued)*



Helene Curtis, Inc.

(continued) waved epidemiologist Stan Kondracki back into the office just as he was stepping into the elevator to leave. There wasn't a moment to waste. Smith got on the phone to the hospital, and Kondracki quickly arranged for release of the antitoxin from the quarantine station at John F. Kennedy Airport in New York, about 115 miles away.

Despite strong winds, police sent a traffic helicopter to JFK, where the pilot picked up the serum and flew it to the landing pad at Kingston's Benedictine Hospital. Then, local police sped the serum across town to Kingston Hospital, where the three patients had been admitted.



Until now, Pam Stogess hadn't been particularly frightened about the disease. But when she heard about the cure, she finally understood that her life was in danger. "The doctors explained that there are sometimes serious side effects to the antitoxin, including fatal allergic reactions. That's when I realized how grave the situation was."

In the meantime, Ulster County health inspectors Brian Devine and Kevin DuMond had arrived at the hospital. After interviewing the patients, they questioned the partygoers who had not fallen ill to determine who had eaten which foods. Based on the information, the inspectors singled out a prime suspect: the garlic bread. Gelson, Stogess and Art and Barbara Landry had all eaten the bread.

The CDC had already notified Pickard that a garlic-in-oil preparation had been responsible for a 1985 outbreak in Canada. Following that lead, Devine tracked the course of Gelson's jar of garlic-in-oil. Because the garlic was packed in oil—which forms an oxygen-free environment—it was not acidified with preservatives, and because it at some point was stored at room temperature, the toxin had generated in the jar. On Sunday, Steve prepared the garlic bread by slicing pita pockets into eighths, brushing on margarine, garlic and oil, then passing them under the broiler—too quickly, as it turned out, to eliminate the toxin. Food must be heated to at least 176°F. for at least fifteen minutes to destroy botulism toxin.

The government recall

The state lab eventually proved that the garlic-in-oil did indeed contain botulism toxin, which was also isolated from the patients.

Ultimately, all three victims recovered, although they felt weak for months afterward, and say they are still experiencing residual effects. Meanwhile, the Food and Drug Administration issued a warning, and the company under whose label the garlic preparation was marketed issued a recall of the product. (Steve Gelson, Art Landry and Pam Stogess have filed suits against the product's manufacturer, distributor and its local retailer.)

A fairly happy ending

All the guests know that things could have been much worse, and Pam Stogess realizes why. "We didn't have room for all the food on the counter, so Steve left the garlic bread on the oven behind his seat. The girls didn't see it when they filled their plates before retreating to the living room. Halfway through the meal, Steve remembered the garlic bread and offered it around. Miles declined. Art, Barbara and I each took only one small chip." Steve, she says, ate five or six pieces during the rest of the evening. Barbara didn't fall ill because her portion apparently didn't contain enough toxin.

As for dinner-party host Steve Gelson—who was in intensive care and on a ventilator for nearly a month before recovering—he says ruefully, "I only used two teaspoons of garlic-in-oil for the bread. Until now, I never understood how toxic such a tiny amount of a substance can be." ■

Jonathan A. Edlow, M.D., is a physician and writer based in Newton, Massachusetts.

Names of all dinner guests have been changed.

HOW TO PREVENT BOTULISM

Botulism is an ever-present danger; *Clostridium botulinum* spores lie dormant in soil all over the world. The spores themselves are harmless, but problems occur when they develop into toxin-producing bacteria. This can happen only when the environment is oxygen-free and when the product is not properly refrigerated and acidified.

Although the *spores* can resist boiling for hours, both the bacteria and the toxin are easily eliminated by boiling for ten minutes or heating to 176°F. for at least fifteen minutes. (Commercially canned foods virtually never contain the toxin because the industrial canning process destroys even the hardy spores. Other precautions: Don't taste food until it's thoroughly cooked, and beware of leftovers. One California man cooked a batch of stew, ate it hot, and felt fine. Later, his roommate ate it and got botulism. The first man didn't get sick because the toxin was inactivated by the heat. But cooking did not destroy the spores in the stew, so more toxin was generated while the dish cooled. Remember, botulism can always be prevented by properly heating food just before serving.

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THE BRO
MUSE



HERE'S HOW A DOWDY, OLD-FASHIONED KITCHEN WAS TRANSFORMED INTO A BRIGHT AND BEAUTIFUL CONTEMPORARY SPACE. A TRUE TALE OF A SUCCESSFUL RENOVATION. BY LAUREN PAYNE, DECORATING EDITOR, AND KAREN J. REISLER, ASSOCIATE EDITOR

ROOM FOR IMPROVEMENT



Wanted: A brand-new, clean, bright look, more counter space, a cozy bar for eating and lots of cabinets to hide the clutter. And that's just what this New York family got—from the shiny white terra-cotta floor tiles to the top of the tall cabinets. Roll-top "garages" with built-in electrical outlets supply a place to plug in appliances and tuck them away, keeping the elegant granite gray countertops clear

General contractor and installer, Jupiter Affiliates Ltd. NAHB, NKBA. Designer, coordinator and consultant, Jay Jupiter, ASID, IES, CSI, assisted by Merillat Design Services.







Add-on panels conceal black dishwasher, refrigerator and oven facades to help all the appliances go the great white way, too. A riot of color from place mats and plates, posters and plants jazzes up the crisp white backdrop. Above left, an under-the-sink mini drop-leaf shelf to store sponges. Helping the cooks in the kitchen keep their cool is one of the two inside air-conditioning units (above right), which work off just one outside unit

Avia cabinets by Merillat Industries; all appliances, KitchenAid. Countertop and backsplash, Fountainhead® by Nevamar; installation, Dura Fabrication Ltd. Blanco faucet; Blancotec stainless-steel bowl and half-sink; ceiling lights, Lightolier; Mitsubishi Electronic Air-Conditioner/Heatpump; Lumere and toe-kick lighting, Task Lighting Corp.; ceiling, Sheetrock ® gypsum panels, U.S. Gypsum Co.; Countertop appliances, Black & Decker U.S. Household Products Group; TV, Sony; artwork, Poster Originals; vase, MOMA Design Store.



This is a story with a very happy ending. The kitchen you see on these pages is one my family truly loves—now that our much-needed, long-awaited renovation is complete.

But along the way, our story seemed more like a mystery. (Would the refrigerator fit through the door or would we have to remove the compressor first?) And occasionally a bit like a tragedy. (What do you mean the carpenter has the flu and nothing can get done for a week?)

Yes, there were tears of frustration, plenty of sleepless nights and, naturally, constant worry about the money we were spending—not to mention a definite escalation in the number of arguments between my husband, Jeff, and me. All this I had been told to expect, but the renovation nonetheless held many unexpected and unpleasant surprises.

The game plan seemed easy enough: We hated our old ugly kitchen and wanted a brighter, cleaner, more modern look, with as much storage as possible and a lot more counter space. Jeff and I, being very *(continued)*

(continued) busy people, just didn't take the time to sit down and plan the renovation step by step, detail by detail. Our teenage kids maintained they weren't interested; we should do whatever we wanted. Although our family did talk about the kitchen, I realize now that we should have looked through more magazines and decorating books and visited dealer showrooms to find out all the options available in contemporary kitchen design.

Despite our lack of planning, we were lucky: Our new kitchen turned out to be almost exactly what we wanted and needed. But that's because we kept catching details that we wanted to add or change as the work was under way. In fact, the glass-brick wall, one of our favorite features, happened purely by chance. Just before we started demolition work, we saw a display of glass bricks at a local building center that inspired us to construct the wall that now so effectively separates our kitchen from the pantry/office area. It was also just by chance that my husband read about our state-of-the-art *(continued)*





Extra storage space is available in the pantry/office area (far left), which is separated from the kitchen by a glittering glass-brick wall. There's even a place for an indoor herb garden. Left: The microwave "worth waiting many months for" includes an exhaust hood



The finishing touch? Customized drawers that provide a place for everything and keep everything in its place. Behind drawer number one (above): a built-in knife rack and cutting board; the spice is right below; a bread box occupies the bottom slot

Prop stylist, Debrah Donahue. Flooring, Mannington ceramic tile; Latapoxy Stainproof Grout by Laticrete International; paint, Benjamin Moore; Pittsburgh Corning Glass Blocks distributed by Supro Building Products Corp.; Levolor Micro Blinds; all rugs, ABC Carpet & Home; lamps and desk accessories, MOMA Design Store; cookware, Calphalon; kitchen utensils, Williams-Sonoma.







Living through a kitchen renovation does test your patience—we couldn't sit down to a civilized meal for months. But the results were worth the wait

(continued) air-conditioning system (how did we ever live without it!).

We're delighted with the changes we made halfway through, but it taught us an important lesson: Get as much information as you can before you make your final renovation plan. Changing your mind after contracts are signed is expensive.

Keeping costs manageable isn't the only reason to plan ahead; you should get as much detail as possible written into the contract. For example, never accept a contract clause that says, "the walls will be painted white." Make sure the contract specifies how the walls will be prepared, the type of paint to be used, the number of coats—even the brand. A couple of our planning errors occurred because we let the contractor make some decisions—perfectly sensible decisions, but not what we would have wanted if we had thought carefully about the options.

Discuss beforehand how the contractor will handle an unexpected problem when it comes up—and believe me, it will. What if there are three layers of linoleum under the old kitchen floor and the contract specifies the removal of only two layers?

Even if your contractor comes highly recommended, make sure you understand his way of doing business. Some contractors charge a flat fee; others will charge for every little thing. Go over all your contracts point by point, by yourself and with your contractor, to avoid unpleasant disputes.

What else did I learn? That workers, even good ones, make mistakes. At first I felt like an incredible nag, reminding them of every little thing that needed to be done. But it wasn't long before my husband and I were leaving "don't forget" notes for them and calling often to check up on the job.

We realized, too, that if something didn't look right to us, it wasn't because we didn't understand some fine point of carpentry or electrical work. Nope, it probably *was* wrong. Trust your instincts: Lots of time, money and anguish can be saved by voicing your concerns rather than spending a sleepless night figuring out why the gas oven has no gas line.

When trying to come up with our new design, we found out that renovating doesn't mean change just for the sake of change. For example, our new refrigerator, cooktop and ovens, sink and dishwasher are in almost the same place as the old appliances in the old kitchen. We did consider several more unusual design plans but decided that these appliances were already in the best location.

Another important point to remember is that during a major kitchen overhaul you're living without a kitchen. We survived by creating a substitute kitchen in a back bedroom, with a microwave, a toaster oven and an electric kettle. We kept our old refrigerator in the hall and carefully stowed dishes and silverware so that we knew where everything was.

How did we keep our sanity through month three? We constantly reminded ourselves that our patience would be rewarded with a fabulous kitchen, and we resigned ourselves to the fact that screw-ups are inevitable and we couldn't go crazy every time a shipment didn't arrive on schedule. But we also found that some things were worth waiting for—like our microwave—even if it upsets the workmen's timetable.

Our final lesson was that even a newly renovated kitchen needs to be *decorated* to look its best. The accessories—bold posters, colorful rugs and bright place mats—were important finishing touches that add a great deal of warmth and charm.

Yes, the renovation was worth it. Our whole family loves the kitchen's brightness and convenience. There's only one problem we've all noticed: Now the rest of the house seems to need a little work!

—DIANE WELLMAN





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appened before. Something spills on one shelf of efrigerator. And it drips down on the next shelf... the next shelf...and a little spill becomes a big n-up job.

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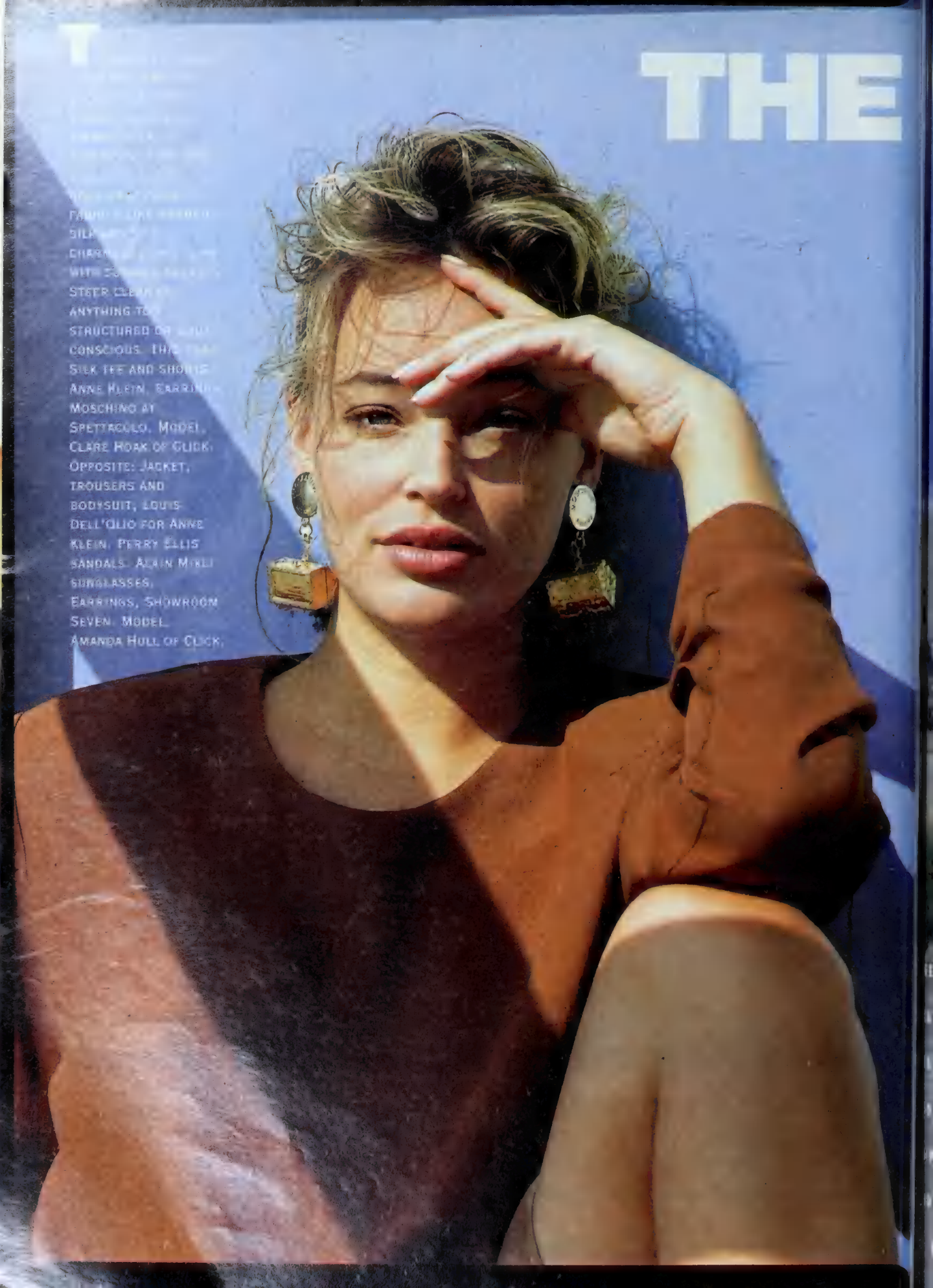
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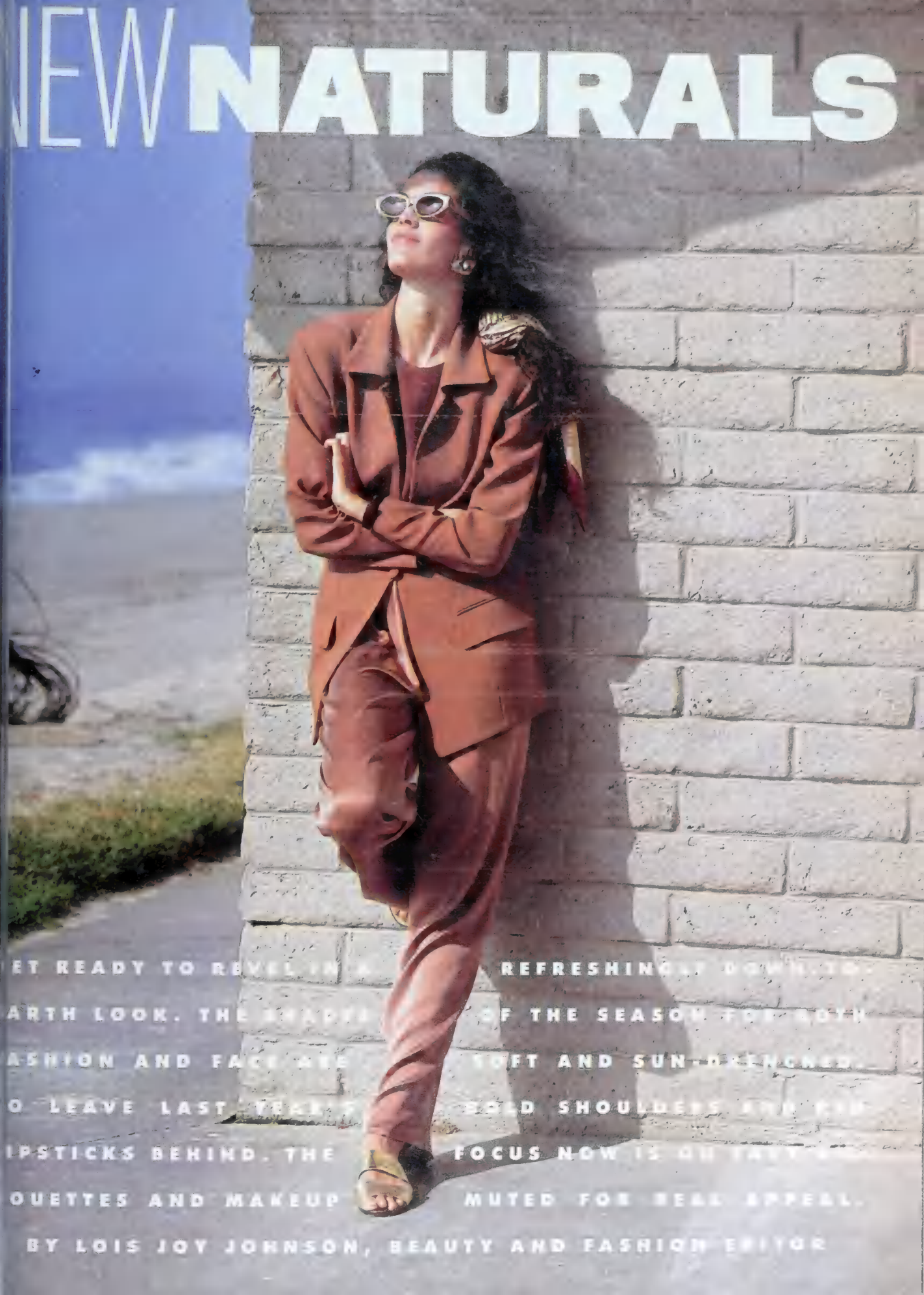
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NEW NATURALS



ET READY TO REVEL IN A REFRESHING DOWN-TO-
ARTH LOOK. THE [illegible] OF THE SEASON FOR BOTH
ASHION AND FACE ARE SOFT AND SUN-DRENCHED.
O LEAVE LAST YEAR'S BOLD SHOULDERS AND PIN
IPSTICKS BEHIND. THE FOCUS NOW IS ON FAIRY
OUETTES AND MAKEUP MUTED FOR REAL APPEAL.

BY LOIS JOY JOHNSON, BEAUTY AND FASHION EDITOR





THESE CREAMY COLLECTIBLES ARE A WELCOME SWITCH FROM STANDARD SUMMER WHITES. YOUR NEW WARDROBE MUSTS ARE UNDRAFTS WITH SMALLER, MORE NATURAL SHOULDERS TO LAYER OVER TANK-STYLE BODYSUITS, TEES OR NOTHING AT ALL. WALKING SHORTS AND PAJAMA-LIKE PANTS STEP IN FOR TAILORED TROUSERS. SLEEK FLATS IN SANDAL AND SLING-BACK STYLES ARE WHAT'S AFOOT NOW—THEY WORK WITH JUST ABOUT EVERYTHING. FAR LEFT: BENETTON JACKET. PATRICIA UNDERWOOD HAT. LIZ CLAIBORNE SUNGLASSES. MODEL, CLARE HORX OF CLICK. LEFT: WASHED SILK JACKET, SILK CHARMEUSE SHORTS AND SILK SLINGS, ALL BY ANNE KLEIN. MODEL, AMANDA HULL OF CLICK.





SPARE LOOKS ARE SUMMER-PERFECT AND AS COMFORTABLE ABOUT TOWN AS THEY ARE ON THE BEACH. THE MOST-WANTED JEWELRY IS MINIMAL BUT IMAGINATIVE. WE LOVE BEADS, CRYSTALS AND VENETIAN GLASS DROPS DANGLING FROM EARS OR HANGING IN HEAPS. FAR LEFT: COTTON PULLOVER, ADRIENNE VITTADINI. LEATHER DUFFEL, RALPH LAUREN ROUGHWEAR. EARRINGS, BLOOMINGDALE'S SEVEN. MODEL, LARA HARRIS OF EAST/WEST PRIMA. LEFT: SILK TANK BODYSUIT AND PLEATED SILK SKIRT, ANNE KLEIN. BRACELET, BEN AMUN. MODEL, LORA MILLIGAN OF EAST/WEST PRIMA. HAIR, EDWARD ST. GEORGE OF CLOUTIER.



DARK SUNGLASSES IN EVERY SHADE OF TORTOISESHELL ARE ULTRACHIC. UNDERNEATH, A SPECTACULAR SPECTRUM OF SHADES FOR EYES, CHEEKS AND LIPS THAT FLATTER FEATURES WITHOUT "COLORING" THEM. GE GLOWING WITH COOL HUES LIKE MOCHA, ANTIQUE ROSE AND SMOKED MAUVE, OR WARM WASHES LIKE SUBTLE AMBER, GOLDEN BRONZE AND PEACH. NEXT PAGE: HO TO PICK THE PERFECT MAKEUP PALETTE. RIGHT: JACKET, TEE, BODYSUIT AND SARONG SKIRT, AFICIONADO VINTAGING, NEW YORK. WHITE GOLD EARRINGS, SHARRA PRIANO, MYDELL LA HARRIS OF EASTWEST PRIMA, LOS ANGELES AND TRY BY ANNE SELLIN, PARIS. MIRRI DESIGNS, MICHIGAN. TRACY CARAVAN MODEL. OTHER ACCESSORIES AT CLICK





THE NEW NATURALS

DOES YOUR COMPLEXION HAVE A COOL CAST OR A WARM GLOW? TO TELL: HOLD A WHITE SHIRT UP TO YOUR FACE, THEN A CREAM ONE. IF WHITE LOOKS BEST, YOUR SKIN TONE IS COOL; OPT FOR BLUE- OR PINK-BASED SHADES. IF CREAM WORKS, YOU'RE A WARM, AND YELLOW-BASED HUES ARE FOR YOU.

hair color

	BLOND/PALE GRAY	BRUNET	RED	BLACK/STEEL GRAY
eyes	Merle Norman Dual Performing Eyeshadow in Sand	Shiseido Triple System in Rose Opal	Almay 8 Hour Eye Color in Golden Sands	L'Oréal Couleur! Couleur! Eyeshadow in Nouvelle Violette
	Cover Girl Soft Radiants Eye Shadow in Soft Desert Blooms, Driftwood/Antique Rose	Revlon Custom Eyes Shadow Duo in Dawn	Elizabeth Arden Luxury Eye Color Duo in New Taupe/Apricotta	Maybelline Blooming Colors Eyeshadow in Spiced Rose
	Prescriptives Eyeshadow Multiples in Red/Orange	Christian Dior 5 Colour Eyeshadow Compact "Discretion"	Clarion Wearproof Eyeshadow Trio in Spiced Neutrals	Max Factor Satin Shadow in Rosewood and Soft Suede
	Yves Saint Laurent Eye Shadow Powder Duo in Saffron/Sepia	Clinique Daily Eye Treat in Doeskin	Galę Hayman Beverly Hills Monochrome Shadow/Liner in Terra Cotta	L'Oréal Couleur! Couleur! 8 Hour Eyeshadow in Couleurs Earth
cheeks	Ultima II The Nakeds Cheek Color in 2	Revlon Soft Lustre Blush-On in Irrepressible Rose	Coty Nature's Blush Cheekcolor	Cover Girl Classic Color Blush In Plum Wine
	Maybelline Sleek Cheeks Powder Blush in Pink Mist	Merle Norman Sheer Powder Blusher in Café Rose	Elizabeth Arden Luxury Cheek Color in Corals '92	Max Factor Satin Blush Sponge-On Powder Blush in Topaz
	Elizabeth Arden Sunglow Powder in Golden Bronze	Lancôme Blush Majeur Brush on Creme Cheek Color in Blushing Sienna	Cover Girl Oil Control Fresh Blush in Truly Fresh Peach	Cover Girl Classic Color Blush in Natural Glow
	Cover Girl Soft Radiants Sheer Color Blush in Sienna Sun/ Sienna Sunbeam	Max Factor Satin Blush Brush-On Powder Blush in Subtle Amber	Revlon Soft Lustre Blush-On in Peach Lustre	Revlon Soft Lustre Blush-On in Honey Brown Lustre
lips	Cover Girl Luminesse Lipstick in Silk Champagne	Borghese Lumina Radiant Moisture Lipstick in Nuovo Rosa	Merle Norman Lip Makeup in Smoked Mauve	Prescriptives Lipstick in Navy Rose
	Revlon Super Lustrous Lipstick in Mauve Shimmer	Charles of the Ritz Powderful Lipstick in Skinnydip	Maybelline Moisture Whip Lipstick in Mocha Ice	Coty 24 Luminescent Lipstick in Tearose
	Ultima II The Nakeds Lipchrome in 1	Revlon Powder-On Lipcolor in Blushing Bronze	Maybelline Moisture Whip Nourishing Lipstick in Peach Mocha	L'Oréal Creme Riche Lipstick in Tawny
	Max Factor Lasting Color Lipstick in Sun Bronze	Maybelline Color-Fresh Lipstick in Barely There Beige	Ultima II Matte + LipColor in Network	Max Factor Lasting Color Lipstick in Honey Rose

COOL WARM COOL WARM COOL WARM


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FOOD JOURNAL

THE MERRY MONTH OF MAY IS UNDER WAY, SO create meals that reflect the season's carefree spirit... Everyone wants to cook light, and nobody does it better than spa chefs. **THE NEW SPA CUISINE** tastes so great, you'd never guess it was good for you . . . Quick-cooking chicken is always a dinner favorite. Our **WORLD-CLASS CHICKEN** recipes are delicious dishes with a foreign accent... Spring is full of **SWEET SURPRISES**—and ours for you is our great ways to turn a cake mix into a masterpiece... Imagine slaving over a hot stove all day—and *then* going home to cook dinner. *LHJ*'s kitchen staff knows a trick or two for making great meals fast, and **FOOD EDITORS' FAVORITES** tells their secrets... Put a spring in your step!



Want to know the simple secret to creating a fabulous finale? Start with an ordinary store-bought cake mix (would we lie to you?), then stir in just one

SWEET SURPRISES

unexpected ingredient (we jazzed up the devil's food cake mix with shredded zucchini for our charming Garden Sheet Cake at right) and, natch, let everyone think you baked it from scratch!



Photos, Mark Thomas; prop stylist, Nancy Micklin; food stylist, Deborah Mintcheff.



Easy ◯ Challenging ●
Moderate ◒ Microwave Ⓜ

PRALINE BUTTERMILK CAKE



Down-home taste with an uptown appearance. The pecan layer adds a touch of the South to the yellow cake mix.

Prep time: 25 minutes plus cooling and chilling ◯
Baking time: 40 to 45 minutes

- 1 cup firmly packed brown sugar
- ½ cup butter or margarine, cut up
- 1¼ cups heavy or whipping cream, divided
- 1 cup coarsely chopped pecans
- 1 package yellow cake mix for 2-layer cake
- 1 cup buttermilk
- 3 large eggs
- ⅓ cup vegetable oil
- ½ teaspoon nutmeg

Preheat oven to 325°F. Combine brown sugar, butter and ¼ cup cream in small saucepan. Cook over low heat, stirring occasionally, just until butter is melted. Pour mixture into 2 ungreased 9-inch round cake pans; sprinkle evenly with chopped pecans. Combine cake mix, buttermilk, eggs, oil and nutmeg in large mixer bowl. Blend at low speed; increase speed to high and beat 2 minutes. Carefully spoon batter over pecan mixture (praline).

Bake 40 to 45 minutes, until toothpick inserted in center comes out clean. Cool in pans 5 minutes. Invert cakes onto wire racks and cool completely.

Beat remaining 1 cup cream in mixer bowl to stiff peaks. Spoon into pastry bag fitted with #5 (½-inch) star tip. Place 1 cake layer on serving plate, praline side up. Pipe three quarters of the whipped cream over the praline. Top with second layer, praline side up. Decorate top with remaining whipped cream. Refrigerate 1 hour before serving. Makes 12 servings.

Nutrition info per serving: 550 calories, 6 gm protein, 34 gm fat, 57 gm carbohydrates, 400 mg sodium, 109 mg cholesterol.

LEMON–POPPY SEED CAKE



This cake has a velvety crumb texture, a lemony flavor and the crunch of poppy seeds.

Prep time: 30 minutes plus cooling ◯
Baking time: 50 to 60 minutes

Cake

- 1 package white cake mix for 2-layer cake
- 1 container (8 oz.) plain yogurt
- 3 large eggs
- ⅓ cup vegetable oil
- ¼ cup fresh lemon juice
- 2 tablespoons poppy seeds
- 1 teaspoon grated lemon peel

Glaze

- 1½ cups confectioners' sugar, sifted
- 2 tablespoons milk
- 1 teaspoon grated lemon peel
- Pinch salt

Lemon peel and mint sprig, for garnish

Cake: Preheat oven to 350°F. Grease and flour 9-inch (10-cup) fluted tube or Bundt pan. Combine all ingredients in large mixer bowl. Blend at low speed; increase speed to high and beat 2 minutes more. Pour batter into prepared pan.

Bake 50 to 60 minutes, until toothpick inserted in center comes out clean. Cool in pan 25 minutes. Invert onto wire rack and cool completely. Drizzle with glaze. Garnish with lemon peel and mint sprig. Makes 12 servings.

Glaze: Combine all ingredients in small bowl; stir until smooth.

Nutrition info per serving: 345 calories, 5 gm protein, 12 gm fat, 53 gm carbohydrates, 292 mg sodium, 55 mg cholesterol.

ANGEL ROLL WITH HAZELNUT ICE CREAM



One angel food cake mix makes two chocolate-topped ice-cream rolls.

Prep time: 1 hour 10 minutes plus chilling
Baking time: 12 to 16 minutes

- 1 package white angel food cake mix
- Confectioners' sugar

Filling

- 3 pints premium vanilla ice cream, softened
- 1 cup hazelnuts, toasted, skinned and chopped
- ¼ cup hazelnut-flavored liqueur

Chocolate Glaze

- 12 ounces (12 squares) semisweet chocolate, coarsely chopped
- 1 cup butter, cut up (no substitutions)

24 toasted, skinned hazelnuts (optional)

Preheat oven to 375°F. Grease 15½x10½-inch jelly-roll pans. I with wax paper. Grease and flour per. Prepare cake according to pack directions. Pour into prepared p spread evenly to edges.

Bake 12 to 16 minutes, switch pans halfway through, until tops golden and cake springs back w touched in center.

Meanwhile, generously sprink clean kitchen towels with confect ers' sugar. When cakes are done, mediately invert onto towels and fully remove wax paper. Lifting long side, roll cakes up jelly-roll ion. Cool completely.

Filling: Meanwhile, mix all ing ents in large bowl until blen Freeze filling until firm, about minutes.

Unroll cooled cakes and qui spread each with half the filling; up again. Transfer seam side dow wire rack set on cookie sheet freeze until filling is firm, abo hour. Spread each cake evenly half the glaze. Gently press 12 h nuts on each. Freeze 30 minutes n *(Can be made ahead. Wrap and f rolls up to 2 weeks.)* Transfer rol serving platters. Makes 12 serv per roll.

Chocolate Glaze: Melt chocolate butter in medium saucepan over m um-low heat, stirring occasionally til smooth. Remove from heat.

Spear hazelnuts with toothpick pins. Dip halfway into chocolate g Let harden on a sheet of wax p Cool remaining glaze to room perature. Remove toothpicks.

Nutrition info per serving: 675 calories, 8 g tein, 43 gm fat, 66 gm carbohydrates, 341 m um, 85 mg cholesterol.

(contin



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STRAWBERRY CHEESE PIE

(Makes one 9-inch pie)

- 1 (9-inch) baked pastry shell or graham cracker crumb crust
- 1 (8-ounce) package cream cheese, softened
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- ⅓ cup ReaLemon® Lemon Juice from Concentrate
- 1 teaspoon vanilla extract
- 1 quart fresh strawberries, cleaned and hulled
- 1 (16-ounce) package prepared strawberry glaze, chilled

In large mixer bowl, beat cheese until fluffy. Gradually beat in Eagle Brand until smooth. Stir in ReaLemon and vanilla. Pour into prepared crust. Chill 3 hours or until set. Top with strawberries and desired amount of glaze. Refrigerate leftovers.



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SWEET SURPRISES

continued

MICROWAVE HOT-FUDGE SUNDAE CAKE



You can make your cake and eat it, too, in less than fifteen minutes!

Total prep time: 15 minutes Ⓜ○

1 package (10.75 or 14.5 oz.) microwave chocolate cake mix (omit frosting)
Strong-brewed coffee, cooled
½ cup semisweet chocolate chips

Fudge Sauce
½ cup unsweetened cocoa
6 tablespoons granulated sugar
¼ cup firmly packed brown sugar
Pinch salt
½ cup heavy or whipping cream
2 tablespoons strong-brewed coffee
¼ cup butter or margarine, cut up
½ teaspoon vanilla extract

1½ pints vanilla ice cream
Suggested toppings: 1 sliced banana, tablespoon *each* chopped nuts, cand coated chocolate candies, chopped candy, colored sprinkles

Microwave cake according to pac directions except substitute e amount of brewed coffee for water chocolate chips into batter before ing into pan. When cake is done stand 2 minutes. Invert onto se plate and let stand 5 minutes more. *Fudge Sauce:* Meanwhile, combin coa, sugars and salt in microw proof bowl. Whisk in cream and c until smooth. Stir in butter. Micro sauce on High 2 minutes, stirring a minute. Stir in vanilla. Makes 1½ c

Cut warm cake into 6 square wedges. Serve with ice cream, f sauce and choice of toppings. Mak servings.

Nutrition info per serving: 675 calories, 7 gr tein, 42 gm fat, 77 gm carbohydrates, 419 mg um, 113 mg cholesterol.

PIÑA COLADA CAKE



Pineapple and cream of coconut le taste of the tropics.

Prep time: 45 minutes plus cooling and chil
Baking time: 30 to 35 minutes

Cake
1 package white cake mix for 2-layer
1 can (8 oz.) crushed pineapple in own juice
1 can (6 oz.) unsweetened pineapple ju
3 large eggs
⅓ cup vegetable oil

Piña Colada Cream
1 envelope (¼ oz.) unflavored gelatin
¼ cup water
1 can (8¾ oz.) cream of coconut
1 cup heavy or whipping cream
1 tablespoon dark rum
1 cup shredded coconut, toasted

Cake: Preheat oven to 350°F. Gr and flour two 9-inch round cake p Combine all ingredients in large m bowl. Blend at low speed; incr speed to high and beat 2 minutes. batter evenly into prepared pans.

Bake 30 to 35 minutes, until to pick inserted in center comes clean. Cool in pans 15 minutes; in onto wire racks. Invert cakes a and cool completely right side up. *Piña Colada Cream:* Sprinkle gel over cold water in small saucepan.

d 1 minute to soften. Heat over low heat, stirring occasionally until gelatin is completely dissolved, 3 to 5 minutes. sk cream of coconut in large bowl until smooth. Whisk in tin until well blended. Refrigerate, stirring occasionally, l mixture mounds slightly when dropped from spoon, 10 to inutes. Whisk again vigorously until light.

eanwhile, beat cream and rum in mixer bowl until stiff s form. Gently whisk half the whipped cream into nut mixture, then fold in remaining cream with rubber ula. Refrigerate until lightly set, 15 to 20 minutes.

assemble, place 1 cake layer on serving plate; spread one third of the cream. Top with second layer and ad remaining cream over top and sides of cake. Gently s coconut along sides of cake. Refrigerate at least 1 or overnight. Makes 12 servings.

ion info per serving: 440 calories, 6 gm protein, 26 gm fat, 47 gm ydrates, 290 mg sodium, 80 mg cholesterol.

EN SHEET CAKE

ired on page 191

e your family and friends try to name the secret ingredi- n this chocolate cake—they'll never guess it's zucchini!

time: 1 hour plus cooling
g time: 35 minutes

package devil's food cake mix for 2-layer cake
cups shredded zucchini
large eggs
cup buttermilk
cup vegetable oil
teaspoon cinnamon
teaspoon allspice

n-Cheese Icing
package (8 oz.) cream cheese, softened
cup butter or margarine, softened
teaspoon vanilla extract
cups confectioners' sugar

finely chopped walnuts
d, green and orange paste food coloring
all sprigs parsley

e: Preheat oven to 350°F. Grease and flour 13x9-inch ng pan. Combine all cake ingredients in large mixer l. Blend at low speed; increase speed to high and beat 2 utes. Pour batter evenly into prepared pan. Bake 35 to inutes, until toothpick inserted in center comes out n. Cool in pan 15 minutes; invert onto wire rack and cool.

m-Cheese Icing: Combine cream cheese, butter and lla in mixer bowl. Beat until light and smooth, scrap- owl occasionally with rubber spatula. Beat in confec- ers' sugar to spreading consistency. (Reserve 1 cup for decoration.)

ace cake on serving plate. Ice top and sides with re- ing white icing. Press nuts along sides of cake. Tint 6 spoons icing light green. Place in small plastic food- ge bag fitted with #46 (¼-inch) basketweave tip and grid on top of cake to make 8 rectangles. With #22 tip, pipe rosettes in corners. With #9 plain tip, pipe ini in 2 squares.

nt ¼ cup icing orange. Place in another plastic bag l with #9 plain tip and pipe carrots in 4 squares. Tint p icing red; with #9 plain tip, pipe tomatoes in 2 res. Tint remaining 2 tablespoons icing dark green; #4 plain tip, pipe stems of zucchini and tomatoes. Use ey sprigs for carrot tops. Makes 12 servings.

on info per serving: 580 calories, 7 gm protein, 32 gm fat, 67 gm ydrates, 485 mg sodium, 85 mg cholesterol. ■

pes developed by Carol Prager.

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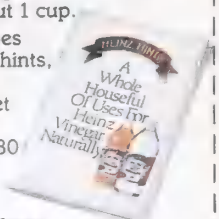
DILL ONION VINAIGRETTE

1/2 cup vegetable oil
1/3 cup Heinz Apple Cider Vinegar
2 tablespoons chopped green onions
1 teaspoon dried dill weed
1/2 teaspoon salt
1/2 teaspoon dry mustard

Combine ingredients in jar. Cover; shake vigorously. Chill to blend flavors. Shake again before serving with mixed garden salads. Makes about 1 cup.



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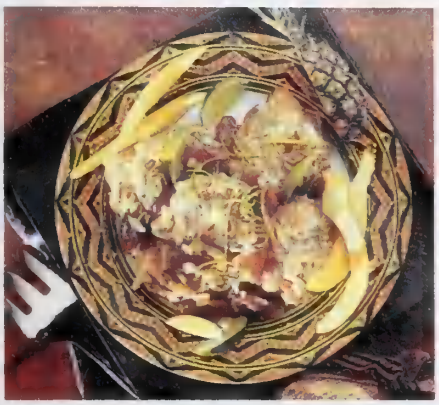


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THAI CHICKEN SATAY WITH DIPPING SAUCE



WORLD-CLASS CHICKEN



BRAZILIAN CHICKEN WITH FRUIT



VIETNAMESE CHICKEN BUNDLES



TANDOORI-STYLE CHICKEN



SOUTHWEST ARROZ CON POLLO

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BY JAN T. HAZARD, FOOD AND EQUIPMENT EDITOR

Photos, Mark Thomas; prop stylist, Nancy Micklin; food stylist, Anne Disrude.

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CHICKEN SAUTÉ PROVENCAL



A quick robust dish using the traditional flavorings of southern France—olives, capers, anchovies and tomatoes.

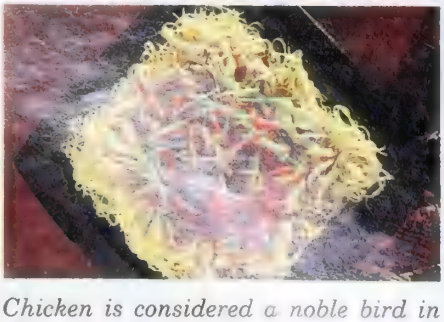
Prep time: 5 minutes
Cooking time: 18 minutes

- 1 tablespoon olive oil
- 4 boneless, skinless chicken breast halves
- ½ teaspoon *each* salt and freshly ground pepper
- ½ cup chopped onion
- 2 teaspoons minced garlic
- 3 flat anchovy fillets, chopped
- 1 can (14 oz.) plum tomatoes
- 2 tablespoons Niçoise or Greek olives
- 1 tablespoon chopped fresh parsley
- 2 teaspoons capers

Heat oil in large skillet over medium-high heat. Pat chicken dry; sprinkle with salt and pepper. Add to skillet and cook until golden and firm to the touch, 3 to 4 minutes per side. Transfer to serving dish and keep warm. Reduce heat to medium. Add onion to skillet and cook until softened, 5 minutes. Stir in garlic and anchovies and cook 30 seconds. Add tomatoes, breaking them up with a spoon; cook over high heat until thickened, 5 minutes. Stir in olives, parsley and capers and spoon over chicken. Makes 4 servings.

Nutrition info per serving: 205 calories, 29 gm protein, 6 gm fat, 7 gm carbohydrates, 691 mg sodium, 70 mg cholesterol.

HACKED CHICKEN



Chicken is considered a noble bird in Chinese culture and is served on special occasions. In this dish it is tossed with sesame dressing.

Prep time: 30 minutes plus standing
Cooking time: 10 minutes

- 4 boneless, skinless chicken breast halves
- 1 teaspoon salt
- ¼ cup tahini (sesame paste)
- 3 tablespoons soy sauce, divided
- 2 teaspoons distilled white vinegar
- 2 teaspoons minced fresh ginger
- 1 teaspoon sugar
- 1 teaspoon minced garlic
- 1 teaspoon Oriental sesame oil, divided
- ¼ teaspoon red pepper sauce
- 1 package (9 oz.) fresh or dried cappellini noodles (angel-hair pasta)
- 1 tablespoon vegetable oil
- 1 cucumber, peeled, seeded and julienned
- 1 red pepper, julienned
- 3 green onions, julienned
- 1 tablespoon toasted sesame seeds

Combine chicken breasts with salt and water to cover in medium saucepan. Bring just to boil. Reduce heat, cover and simmer gently 10 minutes. Cool to room temperature. Remove chicken, reserving liquid, and cut into julienne strips. Combine tahini, 1 tablespoon soy sauce, and the vinegar, ginger, sugar, garlic, ½ teaspoon sesame oil and the red pepper sauce in medium bowl. Whisk in ¼ cup reserved poaching liquid until smooth. Add chicken and toss well. In another bowl whisk oil and remaining 2 tablespoons soy sauce and ½ teaspoon sesame oil.

Cook noodles according to package directions. Rinse under cold water and drain. Toss with soy mixture. Arrange on platter and top with chicken and julienned vegetables. Sprinkle with sesame seeds. Makes 4 servings.

Nutrition info per serving: 480 calories, 38 gm protein, 17 gm fat, 45 gm carbohydrates, 1,444 mg sodium, 141 mg cholesterol.

BERBER COUSCOUS



The Berbers, a North African nomadic people, are credited with adding chicken and meat to this popular grain.

Prep time: 10 minutes
Cooking time: 35 minutes

- 2 teaspoons olive oil
- 1 pound boneless, skinless chicken thighs, cut into 1½-inch pieces
- Salt and freshly ground pepper
- ¼ teaspoon turmeric
- Pinch saffron powder
- 1 cup chopped onions
- 2 cans (13¾ oz.) chicken broth, divided
- 1 can (14 oz.) plum tomatoes, drained
- ½ pound baby turnips
- 10 pearl onions (3 oz.), peeled
- 1 cinnamon stick (3 in.)
- 2 sprigs parsley
- 2 sprigs cilantro plus 2 tablespoons chop fresh cilantro
- 2 small zucchini (½ lb.), sliced ¼-inch t
- ½ cup frozen baby peas
- 1 jalapeño chili, minced, or ¼ teaspoon pepper flakes
- 1 cup quick-cooking couscous (semolina)

Heat oil in large skillet over mec high heat. Pat chicken dry and s with salt and pepper. Add to s with turmeric and saffron. Cook browned, about 3 minutes per Stir in chopped onions and cook 2 utes more. Add 1 can chicken and the tomatoes (breaking the with a spoon), turnips, pearl or cinnamon stick, parsley and cil sprigs; cook until liquid is reduc three quarters, 20 minutes. Add chini, peas and chili. Bring to sir and cook 2 minutes.

Meanwhile, make couscous ac ing to package directions with re ing can chicken broth instead of w Stir in chopped cilantro. Spoon cous on platter and top with chi mixture. Makes 4 servings.

Nutrition info per serving: 385 calories, protein, 10 gm fat, 44 gm carbohydrates, 1,3 sodium, 94 mg cholesterol.

VIETNAMESE CHICKEN BUNDLES

pictured on page 197

Vietnamese cuisine has roots in cultures, including Indian, French Chinese, and an emphasis on fresh

Prep time: 35 minutes
Cooking time: 8 minutes

- 3 tablespoons Oriental fish sauce (*nuoc* or soy sauce
- Water
- 4 teaspoons sugar, divided
- 1 teaspoon minced garlic
- 1 pound boneless, skinless chicken thigh in 1½-inch cubes
- 1 medium onion, cut in wedges and separated into layers
- 1 tablespoon grated carrot
- 2 teaspoons rice wine vinegar
- 10 pearl onions (3 oz.), peeled
- 2 carrots, sliced thin
- 2 heads leaf lettuce
- Mint sprigs
- 1 cucumber, sliced thin
- ¼ cup chopped peanuts, for garnish
- 2 tablespoons chopped green onions, for garnish

Soak 8 bamboo skewers in wate least 30 minutes. Preheat gril broiler and broiler pan.

Mix fish sauce, 2 tablespoons w 1 teaspoon sugar and *(contin*



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ZIPPY CHICKEN STIR-FRY

½ CUP MIRACLE WHIP SALAD DRESSING
1 TABLESPOON SOY SAUCE
½ TEASPOON GROUND GINGER
¼ TEASPOON CRUSHED RED PEPPER (OPTIONAL)
2 TABLESPOONS OIL
3 CHICKEN BREAST HALVES, SKINNED, BONED, CUT INTO THIN STRIPS
1 CUP **EACH** BROCCOLI FLOWERETS, RED PEPPER STRIPS AND CARROT SLICES
¼ CUP GREEN ONION SLICES
1 GARLIC CLOVE, MINCED
4 CUPS HOT COOKED RICE

- STIR TOGETHER SALAD DRESSING, SOY SAUCE, GINGER AND RED PEPPER; SET ASIDE.
- HEAT OIL IN WOK OR LARGE HEAVY SKILLET OVER MEDIUM-HIGH HEAT. ADD CHICKEN; STIR-FRY 4 MINUTES.
- ADD VEGETABLES AND GARLIC; STIR-FRY 3 TO 4 MINUTES OR UNTIL CRISP-TENDER.
- STIR IN SALAD DRESSING MIXTURE; SIMMER 30 SECONDS. SERVE OVER RICE. 3 TO 4 SERVINGS.

PREP TIME: 20 MINUTES. COOKING TIME: 8 MINUTES.

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ORLD-CLASS CHICKEN

ntinued

in small bowl. Skewer chicken onion wedges; place in shallow Pour 3 tablespoons sauce over en. Add 3 tablespoons water and rated carrot and 1 teaspoon sugar maining sauce for dipping.

ce 1 teaspoon rice wine vinegar l teaspoon sugar in each of 2 bowls. Bring 2 inches water to n each of 2 small saucepans. Add onions to 1 pan and cook until about 6 minutes; drain. Toss with ar mixture in one of the bowls. carrots in other saucepan until r-crisp, about 1 minute; drain. in second bowl and toss.

ll chicken 4 minutes per side or firm. Arrange on platter with let- mint, carrots, onions and cucum- Serve with dipping sauce. Wrap en and condiments in lettuce and a sauce. Makes 4 servings.

n info per serving: 225 calories, 26 gm 6 gm fat, 16 gm carbohydrates, 117 mg 94 mg cholesterol.

ORI-STYLE CHICKEN

red on page 197

s Indian dish the chicken is mari- in a seasoned yogurt, then grilled.

me: 15 minutes plus chilling and standing
g time: 30 minutes ○

- spoon cumin
- spoon coriander
- spoon paprika
- spoon ground red pepper
- tainer (8 oz.) plain yogurt
- lespoons fresh lemon juice
- lespoon minced fresh ginger
- spoon minced garlic
- spoon salt
- spoon red food coloring (optional)
- ken (3-3½ lb.), cut up
- non slices

cumin, coriander, paprika and pep- n saucepan over medium-low heat, ng until fragrant, 1 to 2 minutes. reful not to burn.) Transfer to large and stir in yogurt, lemon juice, r, garlic, salt and food coloring. Re- skin from chicken, except wings, core flesh diagonally ½-inch deep. with yogurt mixture. Cover and erate overnight.

move chicken from refrigerator 1 before grilling. Prepare grill or eat broiler and broiler pan. Re- chicken from marinade and grill w or broil 5 inches from heat e 30 minutes, turning every 10 tes. Serve with lemon slices. es 4 servings.

n info per serving: 275 calories, 40 gm 10 gm fat, 3 gm carbohydrates, 408 mg 119 mg cholesterol.

BRAZILIAN CHICKEN WITH FRUIT

pictured on page 197

Coconut milk adds creaminess to this dish. Look for the unsweetened product in the Oriental foods section of your supermarket.

Prep time: 20 minutes ○
Cooking time: 20 minutes

- 1 tablespoon flour
- ¾ teaspoon salt, divided
- ¼ teaspoon freshly ground pepper
- 2 pounds chicken thighs, skinned, fat removed
- 1 tablespoon vegetable oil
- ½ cup chopped onion
- 1 teaspoon minced garlic
- ½ cup unsweetened coconut milk
- ½ cup chicken broth
- ½ cup (4 oz.) whole pitted dates
- 2 tablespoons fresh lime juice
- 1 teaspoon grated lime peel
- 1 teaspoon grated orange peel
- ¼ teaspoon ground red pepper
- ½ fresh pineapple, peeled and sliced
- 1 small papaya, peeled and sliced
- Lime wedges, for garnish

Place flour and ¼ teaspoon salt and the pepper in small bowl. Pat chicken dry and sprinkle with flour mixture. Heat oil in large skillet over medium-high heat. Add chicken and cook until browned, 3 minutes per side. Add onion and garlic; cook until translucent, 2 minutes. Add coconut milk, chicken broth, dates, lime juice, lime and orange peels, remaining ½ teaspoon salt, and ground red pepper. Reduce heat to medium and cook covered, stirring occasionally, 10 minutes. Serve with pineapple and papaya slices. Garnish with limes. Makes 4 servings.

Nutrition info per serving: 385 calories, 28 gm protein, 15 gm fat, 37 gm carbohydrates, 676 mg sodium, 107 mg cholesterol.

SOUTHWEST ARROZ CON POLLO

pictured on page 197

Our adaptation of this classic uses black beans, the caviar of South America.

Prep time: 20 minutes ○
Cooking time: 25 minutes

- 1 tablespoon vegetable oil
- 1 chicken (3-3½ lb.), cut up
- 1 cup chopped onions
- 1 tablespoon minced garlic
- 2 teaspoons cumin
- 1 cup long-grain rice
- 1 can (13¾ or 14½ oz.) chicken broth plus enough water to equal 2 cups liquid
- 1 can (4 oz.) chopped green chilies, with liquid
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 can (15 oz.) black beans, drained and rinsed
- 1 can (14 oz.) plum tomatoes, drained and chopped
- ⅓ cup chopped fresh cilantro
- Lime wedges, for garnish

Heat oil in large, deep skillet or Dutch oven over medium-high heat. Pat chicken dry. Add half the chicken to skillet and brown well, 5 minutes per side. Repeat with remaining chicken. Remove from skillet. Add onions to skillet and cook, stirring, until browned. Add garlic, cumin and rice; cook, stirring, 1 minute. Stir in broth and water, green chilies, salt and pepper. Bring to boil. Return chicken to skillet. Cover and simmer over medium heat until rice is tender, 20 minutes. Stir in beans and tomatoes. Cover and simmer 5 minutes more. Stir in cilantro. Serve with lime wedges. Makes 6 servings.

Nutrition info per serving: 600 calories, 39 gm protein, 29 gm fat, 44 gm carbohydrates, 1,037 mg sodium, 125 mg cholesterol.

THAI CHICKEN SATAY WITH DIPPING SAUCE

pictured on page 196

The secret citrus taste comes from lemongrass—forecasters are calling it the herb of the nineties. Use only the bulbous base.

Prep time: 20 minutes plus marinating ○
Cooking time: 6 to 8 minutes

- 2 teaspoons curry powder
- 1 teaspoon grated fresh ginger
- 1 teaspoon minced garlic
- ½ cup unsweetened coconut milk
- 1 tablespoon minced fresh lemongrass or 1 teaspoon grated lemon peel
- ½ teaspoon red pepper flakes
- ½ teaspoon salt
- 1 pound boneless, skinless chicken breasts, cut in ½-inch strips

Dipping Sauce

- ½ teaspoon ground coriander
- ½ teaspoon grated fresh ginger
- ½ teaspoon minced garlic
- ¼ teaspoon red pepper flakes
- ½ cup plus 2 tablespoons unsweetened coconut milk
- 1½ teaspoons creamy peanut butter
- 1 teaspoon fresh lime juice
- ½ teaspoon Oriental fish sauce (*nuoc mam*) or soy sauce

Soak eight wooden skewers in water at least 30 minutes. Preheat grill or broiler and broiler pan.

Heat small skillet over medium-high heat. Add curry powder, ginger and garlic; cook, stirring until curry is fragrant and slightly browned, about 1 minute. Transfer to bowl; add coconut milk, lemongrass or lemon peel, red pepper and salt. Add chicken and stir to coat. Marinate at room temperature 30 minutes. Weave chicken loosely onto skewers. Grill or broil 3 inches from heat source 3 to 4 minutes per side or until firm. Serve with dipping sauce and Thai Cucumber Salad. Makes 4 servings. *(continued)*



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WORLD-CLASS CHICKEN

continued

Dipping Sauce: Heat small skillet over medium-high heat. Add coriander, ginger, garlic and red pepper flakes. Cook, stirring, until fragrant and coriander begins to brown, about 30 seconds to 1 minute. Add to small bowl with remaining ingredients; whisk until smooth. Makes about 1 cup.

Nutrition info per serving: With 1 tablespoon sauce, 175 calories, 27 gm protein, 7 gm fat, 1 gm carbohydrates, 215 mg sodium, 66 mg cholesterol.

THAI CUCUMBER SALAD

Total prep time: 10 minutes E

- 2 tablespoons rice wine vinegar
- 1 teaspoon sugar
- 1 serrano or jalapeño chili, sliced thin
- ¼ teaspoon salt
- 1 European cucumber, sliced
- ½ cup very thinly sliced shallots

Combine vinegar, sugar, chili and salt in medium bowl; stir until sugar dissolves. Add cucumber and shallots and toss to coat. Makes 2 cups.

Nutrition info per ½ cup: 35 calories, 1 gm protein, 0 gm fat, 8 gm carbohydrates, 141 mg sodium, 0 mg cholesterol. ■

Recipes developed by Kathy Jackette and Lisa Brainerd.

Ladies' Home Journal Jamaica Getaway Contest

continued from page 54

Official rules

1. Complete the entry form, making sure to include all information and your signature. Attach the following to the form a description of your best summer beauty tip and one proof of purchase (receipt) with the Universal Product Code (UPC) number from one of the following products: Ban Wide Solid, Dexatrim, Jergens Aloe & Lanolin Soap or Lotion, Nature Made Vitamins, Revlon PediCare, Roman Meal Bread and Ultra Slim-Fast.
2. Mail entry to Ladies' Home Journal, Jamaica Getaway, 100 Park Avenue, 3rd Floor, New York, NY 10017. All entries must be received by June 15, 1990. No responsibility is assumed for lost, late, incomplete or misdirected mail or printing errors. The prize awarded in any prize notification letter returned as undeliverable or not responded to promptly shall be awarded to an alternate winner.
3. The contest is open to any resident of the United States who is 21 years of age or older except employees and their families of Meredith Corporation and of the manufacturers, Bristol-Myers Squibb Co., Thompson Medical Co., Inc., The Andrew Jergens Company, Pharmavite Corporation, Revlon Inc., Roman Meal Company, and their agencies, affiliates and subsidiaries.
4. Included in the prize: one-week all-inclusive vacation at Sandals, Montego Bay resort, for two (couples only). Deluxe category. Three meals a day, round-trip airport transfers in Jamaica, government hotel taxes, baggage handling and all tips. Round-trip airfare to and from Jamaica (winner responsible for transportation to and from the nearest major airport). Trip must be taken and completed by December 15, 1990, subject to hotel's availability.
5. All entries and materials submitted become the property of Ladies' Home Journal and will not be returned or acknowledged. The best summer beauty tip will be judged on content, clarity of expression, interest to our readers and general appeal. The winning tip will be selected by a panel designated by Ladies' Home Journal. All decisions of the judges are final. We will enter into no correspondence or phone communication about the contest or the judging. Ladies' Home Journal reserves the right to edit the beauty tip.
6. Winner will be notified by mail by July 15, 1990. The winner must consent to be available at the request of Ladies' Home Journal to participate and render services in photography/taping sessions and media interviews. She also agrees by entering the contest to grant Ladies' Home Journal the right to use her entry, name, photographs and voice in connection with editorial, public relations, promotional and advertising purposes. The winner must sign an affidavit of eligibility and release consenting to the use of her name and photograph and a statement confirming the rights of Ladies' Home Journal to the beauty tip.
7. All federal, state and local laws and regulations apply. Void where prohibited. Applicable taxes are the sole reponsibility of the winner. Prize is not exchangeable or transferable. No substitute of prizes except at the discretion of Ladies' Home Journal.

Jamaica Getaway Contest ENTRY FORM

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This page: the scenic Doral Saturnia International Resort and Spa, Miami. Chef Ron Hook's Vegetable Lasagne, opposite page, looks just as great as it tastes



Easy · Moderate · Challenging · Minimum

VEGETABLE CHILI
The Green House, Arlington, TX



This low-fat, high-flavor chili is an excellent source of fiber.

Prep time: 25 minutes plus soaking
Cooking time: 1 hour 40 minutes

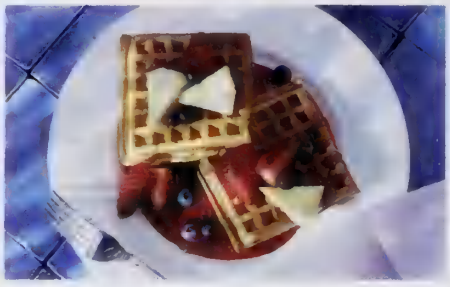
- 1 cup dried black beans
- 1 cup dried pinto beans
- 1 cup dried red beans
- Water
- 2 tablespoons vegetable oil
- 1 tablespoon minced garlic
- ⅓ cup chili powder
- 1 tablespoon cumin
- 2 tablespoons minced jalapeño chili
- 1 cup chopped onions
- 1 cup diced celery
- 1 cup diced carrots
- 2 green or red peppers, diced
- 1 teaspoon sugar
- ¾ teaspoon freshly ground pepper
- ½ teaspoon crushed red pepper
- 1 can (35 oz.) plum tomatoes, with their juice
- 1 can (4 oz.) green chilies, with liquid
- 1 teaspoon salt
- 1 cup shredded reduced-fat Monterey jack cheese, for garnish
- ½ cup minced onion, for garnish

Rinse beans and discard stones. Cover beans with water in bowl and soak overnight. (To quick-soak, heat to boiling in saucepot with water 1 inch above beans; boil 2 minutes. Cover and let stand 1 hour.) Drain.

Heat oil in Dutch oven over medium heat. Add garlic, chili powder, cumin and jalapeño to oil; cook, stirring, 1 minute. Add onions, celery, carrots and green pepper; cook, stirring, 2 minutes more. Add beans, 4 cups water, sugar, ground pepper and red pepper. Bring to boil; reduce heat and simmer uncovered, stirring occasionally, 45 minutes. Stir in tomatoes, green chilies and salt; continue cooking 45 minutes more. Garnish each serving with 1 tablespoon cheese and 2 teaspoons onion. Makes 12 cups.

Nutrition info per cup: 255 calories, 15 gm protein, 5 gm fat, 39 gm carbohydrates, 489 mg sodium, 7 mg cholesterol.

OAT-BRAN WAFFLES WITH FRESH FRUIT
The Spa at Camelback Inn, Scottsdale, AZ



For best results, the waffle batter should be made the night before.

Prep time: 30 minutes plus chilling
Cooking time: 5 to 6 minutes per batch

- 1 cup oat bran
- ¼ cup whole wheat flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 pint frozen cholesterol-free egg product, thawed
- 1 cup skim milk
- 2 tablespoons safflower or vegetable oil
- ½ teaspoon vanilla extract
- 1 medium pineapple, peeled, cored and sliced
- 1 cup sliced fresh strawberries
- 1 cup fresh blueberries
- Vegetable cooking spray

Raspberry Sauce
- 1 package (12 oz.) whole frozen raspberries, thawed
- 2 tablespoons honey

Whisk oat bran, flour, baking powder, salt, egg product, milk, oil and vanilla in medium bowl until blended. Refrigerate overnight.

Combine fruit in small bowl. Coat waffle iron with vegetable spray and preheat. Pour ¾ cup batter onto waffle iron and cook according to manufacturer's instructions until waffles are golden brown. Repeat with remaining batter. Serve waffles with ½ cup fruit and ¼ cup Raspberry Sauce. Makes 4 servings.

Raspberry Sauce: Puree berries and honey in blender. Strain. Makes 1 cup.

Nutrition info per serving: 470 calories, 22 gm protein, 9 gm fat, 79 gm carbohydrates, 772 mg sodium, 1 mg cholesterol.

LAMB SALAD WITH WHITE BEANS AND BASIL
The Claremont Resort and Spa, Oakland, CA



You'll shatter the spartan image of spa food when you serve this elegant entrée.

You can substitute pork tenderloi the lamb.

Prep time: 1 hour 40 minutes plus soaking and chilling
Cooking time: 20 minutes

Marinade
- ½ cup olive oil
- 1½ teaspoons minced garlic
- ¼ cup chopped fresh basil
- 3 tablespoons fresh lemon juice

- 2 boneless lamb rib-eyes, trimmed (from 8-bone racks), about 1½ pounds
- 1 cup dry white navy beans
- Water
- Bouquet Garni (¼ cup parsley, 2 sprigs thyme and 1 teaspoon peppercorns tied in cheesecloth bag)

Balsamic Dressing
- ¼ cup olive oil
- 2 tablespoons balsamic vinegar
- 1 cup chopped fresh basil
- ⅓ cup chopped shallots
- 1 teaspoon minced garlic
- 2 tablespoons fresh lemon juice

- 1 cup peeled, seeded and diced tomatoes
- ½ teaspoon salt
- Freshly ground pepper
- 2 bunches spinach, rinsed, stems removed
- Julienned basil, for garnish

Marinade: Combine all ingredient small bowl. Place lamb in glass and pour in marinade. Cover and frigerate overnight.

Meanwhile, rinse beans and dis stones. Cover beans with water in l and soak overnight. (To quick-s heat to boiling in saucepot with w 1 inch above beans; boil 2 minu Cover and let stand 1 hour.) Drain

Place beans in large pot and enough water to cover beans by 2 i es. Add bouquet garni. Heat to boil reduce heat and simmer until be are tender, about 1 hour. Meanwh whisk all Balsamic Dressing ingr ents together in small bowl.

Drain beans and combine in l bowl with dressing, tomatoes, salt ½ teaspoon pepper. Cover and refri ate up to 4 hours.

About 1 hour before serving, preh oven to 400°F. Remove lamb from m inade, pat dry and season with pep Sear lamb in small nonstick ski over high heat. Transfer to roast pan and roast 15 to 20 minutes, u internal temperature reaches 14 For pork, cook 35 to 40 minutes, u internal temperature reaches 155°F

To serve, arrange spinach lea on each of 6 plates. Spoon bean sa equally onto plates. Slice lamb and range around beans. Spoon any exc dressing over lamb. Garnish with sil. Makes 6 servings.

Nutrition info per serving: 470 calories, 34 protein, 25 gm fat, 30 gm carbohydrates, 334 sodium, 75 mg cholesterol. *(continu*



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CHICKEN BREASTS IN LIME AND GINGER
Cal-A-Vie, Vista, CA



The Oriental flavor of marinated chicken breasts is further enhanced by a ginger dressing.

Prep time: 25 minutes plus marinating
Cooking time: 11 to 13 minutes ○

Marinade
- 1 tablespoon fresh lime juice
- 1 tablespoon grated lime peel
- 1 teaspoon reduced-sodium soy sauce
- ⅛ teaspoon red pepper sauce

- 4 boneless, skinless chicken breast halves
- 2 tablespoons whole wheat flour
- 2 tablespoons safflower or vegetable oil
- 2 tablespoons Ginger Sauce (recipe follows)
- 1 cup (2 oz.) shiitake mushrooms, sliced
- ¼ cup low-sodium chicken broth
- 1 tablespoon chopped green onions
- Lime slices, for garnish

Marinade: Combine all ingredients in small bowl. Coat chicken with marinade and refrigerate covered 1 hour.

Lightly sprinkle chicken with flour. Heat oil in skillet over medium-high heat. Add chicken and cook until lightly browned, about 4 to 5 minutes per side. Transfer to serving dish and keep warm.

Add Ginger Sauce, mushrooms and chicken broth. Simmer covered over low heat until mushrooms are cooked, about 3 minutes.

Slice chicken diagonally ¼-inch thick. Fan 1 sliced breast half on each of 4 dinner plates. Add green onions to cooked mushroom mixture and serve over chicken. Garnish with lime. Makes 4 servings.

Nutrition info per serving: 240 calories, 27 gm protein, 12 gm fat, 5 gm carbohydrates, 151 mg sodium, 66 mg cholesterol.

GINGER SAUCE

Combine 2 tablespoons minced fresh ginger, 1 tablespoon chopped fresh basil, 1 tablespoon red wine vinegar, 1 tablespoon water, 2 teaspoons honey, 1½ teaspoons reduced-sodium soy sauce, 1 teaspoon rice wine vinegar and ¼ teaspoon red pepper flakes in blender. With machine on, gradually add ¼ cup oil in thin, steady stream until well blended. Makes ½ cup.

CINNAMON APPLE SPA PASTRIES
Canyon Ranch Spa, Lenox, MA



Vegetable cooking spray replaces butter in making this flaky pastry.

Prep time: 30 minutes ○
Baking time: 20 to 25 minutes

- 1½ pounds Golden Delicious apples, peeled and sliced
- 4 teaspoons brown sugar
- 1 teaspoon cinnamon
- 4 teaspoons fresh lemon juice
- 2 teaspoons vanilla extract
- ¼ teaspoon grated lemon peel
- Vegetable cooking spray
- 8 sheets phyllo dough

Toss apples with brown sugar and cinnamon in saucepan. Sprinkle with lemon juice and vanilla; cook covered over medium heat until tender, about 10 minutes. Cool. Stir in peel.

Preheat oven to 325°F. Coat cookie sheet with cooking spray. Spray 1 phyllo sheet; fold in half. Spray and fold in half once more. Place ¼ cup apple filling in center of phyllo. Gather corners of phyllo up over filling and twist ends to form packet. Repeat with remaining phyllo and filling to make 7 more packets. Bake on cookie sheet 20 to 25 minutes. Makes 8 servings.

Nutrition info per serving: 125 calories, 2 gm protein, 1 gm fat, 27 gm carbohydrates, 85 mg sodium, 0 mg cholesterol.

BERRY TEA
Cal-A-Vie, Vista, CA



Steeping herbal tea with cranberries and strawberries adds taste without adding calories.

Total prep time: 25 minutes ○

Steep 2 rosehip and hibiscus tea bags in 4 cups boiling water 10 minutes. Simmer 1½ cups 100 percent cranberry juice, 2 whole cloves and 4 strawberries over medium heat. Add to tea with 2 lemon and orange slices; steep 10 minutes more. Strain. Serve with sliced lemon. Makes 5 cups.

Nutrition info per cup: 40 calories, 0 gm prot gm fat, 10 gm carbohydrates, 1 mg sodium, cholesterol.

VEGETABLE LASAGNE
Doral Saturnia International Spa, Miam

pictured on page 207

Use a vegetable slicer to cut the ca and zucchini thinly and quickly.

Prep time: 1 hour 20 minutes
Cooking time: 35 minutes

- Salt
- ½ pound fresh or dried lasagne noodles
- 1 pound *each* carrots and zucchini
- 1 cup (8¾ oz.) part-skim ricotta cheese
- 1 tablespoon chopped fresh basil
- 1 teaspoon chopped fresh oregano
- ½ teaspoon freshly ground pepper
- 12 ounces (about 8 cups) fresh spinach
- 3 cups Red Sauce (recipe follows)
- 1½ cups shredded part-skim mozzarella cheese

Bring large pot of salted water to Add noodles and cook until just te (about 2 minutes for fresh, 10 min for dried). Drain. Place noodles in water until ready to use.

Preheat oven to 375°F. With ma line or kitchen slicer at thinnest ting, cut carrots and zucchini len wise into paper-thin strips. Mix ric cheese, basil, oregano, ¼ teaspoon and the pepper in small bowl.

Trim noodles to fit 13x9-inch g baking dish; layer one third of the dles on bottom. Layer half the spin then half the carrots and zucchini. with half the ricotta mixture. Rep layering another third of the noo and remaining vegetables and che Top with noodles. Cover with pla wrap, then foil. Bake 35 minutes, u vegetables are tender.

Cut lasagne into 6 squares transfer to jelly-roll pan. Preh broiler. Top each square with ½ warm Red Sauce and 2 tablespo mozzarella. Broil 2 minutes. Pass maining sauce. Makes 6 servings.

Nutrition info per serving: 360 calories, 21 protein, 9 gm fat, 50 gm carbohydrates, 67 sodium, 29 mg cholesterol.

RED SAUCE

Combine 1 can (28 oz.) plum toma with their juice, ¾ cup chopped rots, ½ cup *each* chopped celery onion, 1 can (13¾ or 14½ oz.) chic broth plus enough water to equa cups, 1 tablespoon minced garlic ar tablespoon chopped fresh basil saucepan. Bring to boil, reduce h and simmer until reduced to 4 c about 30 minutes. Transfer in bat to blender; process until smoo Makes 4 cups.



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In the canned fruit section.

4 boneless chicken breast halves
½ cup milk
2 cups plain bread crumbs
¼ cup butter or margarine, m
2 4-oz. pkgs. Boursin cheese
Fresh parsley, minced

Preheat oven to 350°. Dip each breast in milk and then into brea crumbs, coating both sides. Place chicken in a baking pan. Driz melted butter or margarine over chicken. Bake for 30 min. or u chicken is no longer pink.

Remove chicken from oven. Spread ¼ cup Boursin cheese on ea breast. Sprinkle with parsley. Bake until cheese begins to melt, about 2 min. Serve with Cran·Fruit™ on the side. Makes 4 servi

Adds a cool refreshing zing to chicken everything.

Ocean spr



There are never too many cooks in the LHJ test kitchens. Meet the staff, clockwise from left: Kathy Jackette, Jan Turner Hazard, Susan Sarao, Carol Prager, Lisa Brainerd, Julia Pemberton

FOOD EDITORS' FAVORITES

OUR FOOD EDITORS DEVELOP AND TEST MANY DELICIOUS RECIPES DAILY, THEN HEAD HOME TO COOK FOR FAMILY AND FRIENDS. WHAT DO THEY PREPARE AFTER A HARD DAY IN THE KITCHEN? THEIR SPECIALTIES OF THE HOUSE

JAN HAZARD

**Chicken with Capers*
Parslied Rice
Julienne of Zucchini
**Recipe given*



Jan Hazard cooks up elegant but easy entrées her husband and two children will enjoy

CHICKEN WITH CAPERS

"I often use a whole chicken, cut up, instead of breasts. Bone-in fowl is the key to maximum flavor in this tangy, creamy entrée."

Prep time: 20 minutes
Cooking time: 25 minutes

- **2 tablespoons butter or margarine**
- **4 chicken breast halves**
- **2 tablespoons white wine vinegar**
- **¾ cup heavy or whipping cream**
- **1 tablespoon capers, drained**
- **½ bay leaf**
- **½ teaspoon oregano, crumbled**
- **¼ teaspoon freshly ground pepper**
- **Oregano and parsley, for garnish**

Preheat oven to 350°F. Melt butter in large skillet over medium *(continued)*



No-prep condiments enhance Kathy's Indian feast

(continued) heat. Add chicken; cook until browned, about 4 minutes per side. Transfer to 12x7-inch ovenproof dish. Pour off drippings from skillet. Add vinegar to skillet; cook 30 seconds. Stir in cream, capers, bay leaf, oregano and pepper. Heat to boiling, stirring up browned bits; boil 2 minutes. Pour over chicken. Bake uncovered 25 minutes. Discard bay leaf. Garnish with herbs. Makes 4 servings.

Nutrition info per serving: 325 calories, 28 gm protein, 22 gm fat, 2 gm carbohydrates, 165 mg sodium, 142 mg cholesterol.

KATHY JACKETTE

**Keema*
Rice, Condiments



Julia's minute steak sizzles with Mexican flavors



KEEMA

"Indian flavors transform ground beef into an exotic dish."

Prep time: 10 minutes
Cooking time: 10 minutes

- 1 pound lean ground beef
- ¾ cup chopped onions
- 1 tablespoon minced fresh ginger
- 2 teaspoons curry powder
- 1 teaspoon minced garlic
- 1 teaspoon minced jalapeño chili
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ½ cup chicken broth
- ¾ cup frozen baby peas

Heat large skillet over medium-high heat. Add beef and cook, stirring, until browned, about 5 minutes. Add next 7 ingredients. Reduce heat to medium and cook, stirring, until onions are translucent, 3 minutes. Add broth and peas; cook until broth is reduced and peas are hot, 2 minutes. Serve with rice and condiments: chutney, chopped peanuts, chopped fresh cilantro and plain yogurt. Makes 4 servings.

Nutrition info per serving: 345 calories, 23 gm protein, 24 gm fat, 8 gm carbohydrates, 546 mg sodium, 85 mg cholesterol.

JULIA PEMBERTON

**Mexican Minute Steak Quesadillas*

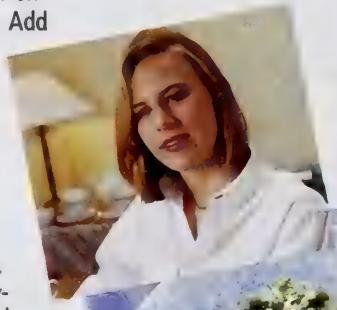
MEXICAN MINUTE STEAK

"The quesadillas are just shredded jack cheese between tortillas, baked at 350°F. for five minutes."

Prep time: 15 minutes
Cooking time: 5 to 7 minutes

- 1¼ teaspoons chili powder
- ¾ teaspoon cumin
- 4 beef round steaks (6 oz. each), about ½-inch thick
- ½ teaspoon *each* salt and pepper
- 2 tablespoons vegetable oil
- ¼ cup water
- 3 tablespoons tequila
- 2 tablespoons fresh lime juice
- ¼ teaspoon grated lime peel
- 3 tablespoons sliced green onion
- 1 cup seeded, diced tomato
- 1 tablespoon chopped fresh cilantro
- 1 avocado, sliced
- ½ cup sour cream
- Cilantro sprigs

Heat large skillet over medium-high heat. Add chili powder and cumin; toast 1 minute, stirring. Remove skillet from heat. Sprinkle steaks with salt and pepper, then rub with



Lisa's lamb chops evoke memories of Sunday dinner



toasted spices. Add oil to skillet; heat 1 minute. Add steaks; cook 2 to 3 minutes per side for medium-rare. Remove from skillet; keep warm. Add water to skillet, scraping up browned bits. Add tequila, lime juice and peel; cook 30 seconds more. Transfer beef to platter; drizzle with pan juices. Serve with remaining ingredients. Makes 4 servings.

Nutrition info per serving: 630 calories, 36 gm protein, 51 gm fat, 9 gm carbohydrates, 393 mg sodium, 125 mg cholesterol.

LISA BRAINERD

**Lamb Chops with Balsamic Sauce*
Barley Pilaf and Peas
Carrots



Big Raves

With Easy Little Cheese Cakes.*





MINI-CHEESECAKES

(Makes 12)

12 vanilla wafers
2 8 oz. packages cream cheese, softened
½ c. sugar
1 tsp. vanilla
2 eggs

Line muffin tin with foil liners.

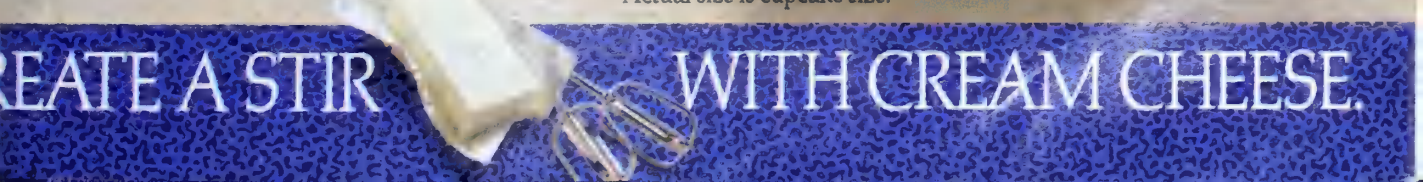
Place one vanilla wafer in each liner. ◊ Mix cream cheese, vanilla and sugar on medium speed until well-blended. ◊ Add eggs. Mix well. Pour over wafers, filling ¾ full. Bake 25 min. at 325°.

Remove from pan when cool. ◊ Chill. ◊ Top with fruit, preserves, nuts or chocolate. ◊ Be creative!

*Actual size is cupcake size.

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National Dairy Board 1989



BALSAMIC SAUCE

"My solution for a speedy sauce is this zesty barrel-aged vinegar."

Prep time: 10 minutes



Susan's secret to fast roast pork? She uses tenderloin

- **4 shoulder lamb chops, ¾-inch thick**
- **½ teaspoon rosemary**
- **¼ teaspoon thyme**
- **Salt and freshly ground pepper**
- **1 tablespoon olive oil**
- **¼ cup minced shallots**
- **⅓ cup balsamic vinegar**
- **¾ cup chicken broth**
- **1 tablespoon butter**
- **Rosemary sprig, for garnish**

Rub lamb chops with rosemary, thyme, and salt and pepper to taste. Heat oil in large skillet over high heat until hot but not smoking. Add chops, if necessary, and cook 3 minutes per side for medium-rare. Transfer to serving plate and keep warm. Add shallots to skillet and cook 1 minute. Stir in vinegar, then broth; cook until reduced by half, about 5 minutes. Remove from heat and swirl in butter. Pour over chops. Garnish with rosemary. Makes 4 servings.

Nutrition info per serving: 545 calories, 30 gm protein, 45 gm fat, 3 gm carbohydrates, 357 mg sodium, 137 mg cholesterol.



SUSAN SARAO

**Tuscan Roast Pork Tenderloin*
**Ditalini in Lemon-Tomato Cream*

TUSCAN ROAST PORK TENDERLOIN

"The lemony cream sauce on the pasta balances the sweet flavor of my fennel-roasted pork."

Prep time: 5 minutes
Cooking time: 25 minutes

- **1 tablespoon minced garlic**
- **¼ teaspoon fennel seeds, crushed**
- **¼ teaspoon *each* salt and pepper**
- **1 pork tenderloin (10-12 oz.)**



Lemon slices, for garnish

Preheat oven to 475°F. Mash garlic, fennel seeds, salt and pepper to a paste; rub over tenderloin. Place in roasting pan; drizzle with oil. Roast 25 minutes, until meat thermometer reaches 155°F. Slice thin diagonally. Garnish with lemon slices. Makes 2 servings.

Nutrition info per serving: 235 calories, 36 gm protein, 8 gm fat, 2 gm carbohydrates, 354 mg sodium, 115 mg cholesterol.

DITALINI IN LEMON-TOMATO CREAM

Prep time: 5 minutes
Cooking time: 10 minutes

1 cup ditalini or tubetti pasta
¼ cup heavy or whipping cream
½ teaspoon grated lemon peel
½ cup chopped fresh plum tomatoes
2 tablespoons freshly grated Parmesan cheese
Salt and freshly ground pepper

Cook ditalini according to package directions; drain.

Meanwhile, heat cream and lemon peel to boiling in small saucepan over medium heat. Add tomatoes; reduce heat and simmer until thickened, 3 to 5 minutes. Toss with

Makes 2 servings.

Nutrition info per serving: 360 calories, 11 gm protein, 14 gm fat, 48 gm carbohydrates, 400 mg sodium, 46 mg cholesterol.



CAROL PRAGER

**Pasta Provençal*
Tossed Green Salad
Italian Bread



New pasta shapes dress up Carol's sauce

PASTA PROVENÇAL

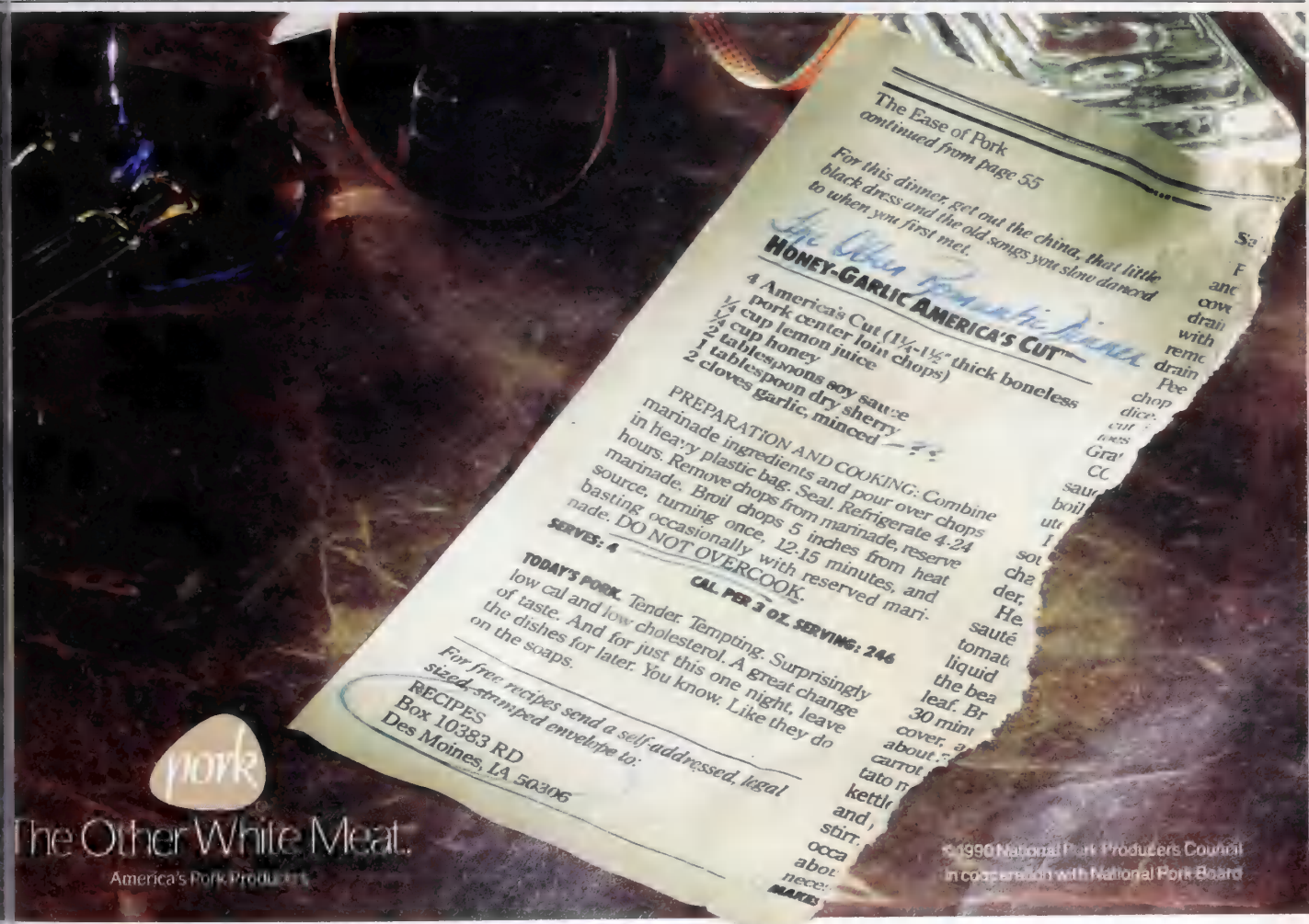
"I prepare pasta for dinner at least once a week. This no-cook sauce is quick—and always a favorite."

Prep time: 15 minutes
Cooking time: 10 minutes

1 jar (7 oz.) roasted red peppers, drained and cut into ½-inch strips
1 can (2 oz.) anchovy fillets, drained and chopped fine
⅓ cup extra-virgin olive oil
¼ cup chopped fresh parsley
2 tablespoons capers, chopped
2 teaspoons minced garlic
½ teaspoon freshly ground pepper
¼ teaspoon salt
¼ teaspoon red pepper flakes
1 pound pasta ruffles or fusilli
¼ cup (2½ oz.) shaved Parmesan cheese
¼ cup toasted pine nuts (pignoli)

Combine all ingredients except pasta, Parmesan and nuts in large serving bowl. Cook pasta according to package directions; drain. Transfer pasta to serving bowl; toss well with pepper mixture. Add Parmesan and nuts; toss again. Serve immediately. Makes 4 servings.

Nutrition info per serving: 710 calories, 23 gm protein, 29 gm fat, 91 gm carbohydrates, 550 mg sodium, 12 mg cholesterol. ■



INSIDE THE JOURNAL KITCHEN

You asked for it

I am a chocoholic who would love to have the recipe for the Queen Mother Cake served at La Tourelle restaurant in Memphis, Tennessee. It is the best!

Baben Jonay
Boone, NC

★ A passion for chocolate

Chef Erling Jensen was delighted to share his recipe for this richly glazed, almond-flavored cake and homemade liqueur-spiked ice cream.

Preheat oven to 350°F. Grease 8-inch springform pan. Melt 6 squares (6 oz.) semisweet chocolate in small saucepan over low heat; cool. Beat ¾ cup butter, softened, in mixer bowl until light. Gradually beat in ½ cup su until light and fluffy, about 3 minutes more. Add 6 large egg yolks one at a time, beating well after each addition. With m er at low speed, beat in cooled chocolate, then 1½ cups ground almonds. In another mixer bowl beat 6 large egg whites a a pinch of salt until stiff but not dry. Fold one third into chocolate mixture; gently fold in the remainder. Pour batter into p pared pan. Bake 50 minutes or until just firm. Cool cake completely on wire rack. Spread evenly with Glaze. Serve w Crème de Cassis Ice Cream. Makes 16 servings.

Glaze: **Blend 4 squares (4 oz.) semisweet chocolate, chopped, and ⅓ cup heavy cream, scalded, in blender until smoo**

Crème de Cassis Ice Cream: **Whisk 2 cups half and half cream, ½ cup seedless blackberry jam, ⅓ cup crème de cassis liqu and ¼ cup sugar in bowl until smooth. Freeze in ice-cream maker according to manufacturer's directions. Makes 3½ cu**

WORLD-CLASS CHICKEN IN TWENTY MINUTES WANT FOREIGN FLAVOR IN A FLASH? START BY SAUTÉING QUIC COOKING BONELESS CHICKEN BREASTS AND THEN ADD ONE OF OUR FIVE SPEEDY, SPICED-RIGHT SAUCES

The basic recipe

Heat **1 tablespoon butter or olive oil** *in a large skillet over medium-high heat. Sprinkle* **4 boneless, skinless chicken breast halves** *(about 1 lb.) with salt and freshly ground pepper. Place chicken in skillet; cook until golden and just firm, about 4 to 5 minutes per side. Transfer chicken to a serving dish and keep warm. Add* **½ cup chopped onion** *to skillet and cook until tender, about 3 to 4 minutes. Add your choice of* **sauce base** *to skillet and cook until the sauce is reduced by half, about 3 to 5 minutes. Pour sauce over chicken breasts and top with the coordinating* **garnishes**. *Makes 4 servings.*



LEMON-TARRAGON ¾ cup chicken broth, 1 tablespoon fresh lemon juice, ¼ teaspoon dried tarragon and ¼ teaspoon grated lemon peel
Garnish with: tarragon sprigs or lemon slice



GREEK ¾ cup chicken broth, 1 tablespoon fresh dill (or ½ teaspoon dried) and ¼ teaspoon grated lemon peel
Garnish with: ½ cup crumbled feta cheese and 8 Greek olives



MEDITERRANEAN ½ cup heavy or whipping cream, 1 tablespoon dried tomato bits, salt and freshly ground pepper
Garnish with: 1 tablespoon chopped fresh parsley



COQ AU VIN ⅓ cup chicken broth, ⅓ cup red wine, ½ pound mushrooms, halved, ½ cup frozen pearl onions and ¼ teaspoon thyme
Garnish with: 2 slices bacon, cooked and crumbled, and 1 tablespoon chopped fresh parsley



TIJUANA ¾ cup chicken broth, 1 minced jalapeño chili, 1 teaspoon cumin and ⅛ teaspoon ground red pepper
Garnish with: ⅓ cup sour cream, 1 plum tomato, diced, and 2 tablespoons chopped fresh cilantro

recipe index

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

DESSERTS

Angel Roll with Hazelnut Ice Cream p. 192
BananaBerry Pie p. LE
Cinnamon Apple Spa Pastries p. 210
Garden Cake p. 194
Lemon-Poppy Seed Cake p. 192
*Microwave Hot-Fudge Sundae Cake p. 194
Mini-Cheesecakes p. 215
Piña Colada Cake p. 194
Praline Buttermilk Cake p. 192
Strawberry Cheese Pie p. 193

ENTREES

Berber Couscous p. 198
Brazilian Chicken with Fruit p. 201
Campbell's Classic Glorified Chicken p. 4
Chicken Breast in Lime and Ginger p. 210
Chicken Chart p. 218
Chicken with Capers p. 213
Chicken Sauté Provençal p. 198
Hacked Chicken p. 198
Honey-Garlic America's Cut™ p. 217
Keema p. 214
Lamb Chops with Balsamic Sauce p. 216
Lamb Salad with White Beans and Basil p. [illegible]
Mexican Minute Steak p. 214
Oat-Bran Waffles with Fruit p. 208
Pasta Provençal p. 217
Southwest Arroz con Pollo p. 201
Tandoori-Style Chicken p. 201
Thai Chicken Salad with Dipping Sauce p. 201
Tuscan Roast Pork Tenderloin p. 216
*Vegetable Chili p. 208
Vegetable Lasagne p. 210
Vietnamese Chicken Bundles p. 198
Vlasic Dilly Mini-Burgers p. 235
The Vlasic Dilly of a Reuben p. 235
The Vlasic High-Rise p. 235
Zippy Chicken Stir-Fry p. 200

MISCELLANEOUS

Berry Tea p. 210
Dill Onion Vinaigrette p. 195
Gilbert's Garden Pasta Sauce p. 149
Ginger Dressing p. 210
Red Sauce p. 210

SIDE DISHES

Ditalini with Lemon-Tomato Cream p. 217
Thai Cucumber Salad p. 202



HE: ...It's unbelievable... I mean when was the last time we finished dinner and went to an early movie? When was the last time we finished dinner and went to a late movie? When was the last time we went to a movie period?

SHE: Good point...

HE: Seriously... when was the last time you and I went to a movie after dinner?

Now, making a movie after dinner is a lot easier thanks to Non-Stick VISIONS® from Corning. An amazing line of microwaveable, non-stick cookware that gets you out of the kitchen and on to more important things faster than other cookware can.

SHE: Rented a movie or went to a movie?

HE: Went to a movie.

SHE: You and I, just the two of us?

HE: Yeah...

SHE: Alone?

HE: Yes.

SHE: Sometime in the Spring of '74, I think...

Whether you're cooking for two or ten, Non-Stick VISIONS can help. It goes right from the rangetop, to the microwave, to the table. From there you can refrigerate and even microwave again. No other non-stick lets you cook, serve, store, and reheat all in one piece. And you don't have to give up the great see-through feature. Non-Stick VISIONS *still* lets you see exactly what you're cooking.

HE: How did you manage that?

SHE: Getting two seats together? Easy, I asked that man...

HE: No, no... I mean how did you get us out of the house in time for an early movie?

The SilverStone® surface helps with the cleanup too. While other cookware is still being soaked, scrubbed and scoured, your single Non-Stick VISIONS pot is coming out of the dishwasher bright and sparkling. And you? You've already found two seats—together—at your neighborhood theater.

SHE: This is a serious movie. What are you smiling about?

HE: I was remembering the Spring of '74...



VISIONS

Cookware for people with other things to do.

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Nobody has the Carlton Combination.

OPRAH'S WONDER YEAR

continued from page 159

she can interview the powerful and the intimidating, Oprah can also talk openly with them. They sense that she has never forgotten what it was like growing up troubled in a broken family. They know that she, too, worries about her weight, her work and her man—and they adore her for that.

In fact, fans and friends are so adoring that it took her secretary four typewritten pages—single-spaced—to list all the names of those who were to be sent thank-you notes for the flowers Oprah received on her thirty-sixth birthday this year. Not to be outdone by those bundles of bouquets, Stedman gave her a classic 1957 Mercedes.

"I wouldn't trade places with anybody," she declares, "but not for all the reasons people would think. Not because I can take off and go where I want. And not because of all the *things*. But because [being successful] has given me the opportunity to be who I am. I'm growing up. I'm really growing up. And I think that I'm getting better because of it."

Growing up. Becoming an adult. Introspection. Oprah repeats the words like mantras. To hear her tell it, the past twelve months have been her Wonder Year—her spiritual coming of age. Although she was already enormously successful, this year has been a watershed of sorts—she's survived countless challenges and taken on a number of daring new ones. Now, she says, after a healthy dose of self-examination, a new Oprah has arisen—she's confident, content and in control.

"I haven't spoken to [any reporters] in a long time, and I've discovered a lot of revelations about myself," she says. "I keep a journal, and I've watched myself grow. I remember writing in my journal at twenty-five: 'I'm just so restless . . . I should be doing more with my life, and I'm not.' And then at twenty-eight: 'I'm not married. I'm *never* going to be. Oh, my God! What's my life? My life is nothing.' And now I'm kind of coming into my own."

She pulls distractedly at the sleeve of her blouse. Dressed in a simple beige silk top and gray slacks, she looks uncharacteristically low-key. Only a pair of large gold earrings provide the expected touch of Oprah pizzazz. "Whoopi Goldberg told me, when we were shooting *The Color Purple* that it—and I mean It with a capital I—doesn't even start to happen until you're thirty-six," she says. "I took her at her word. And so, for me, this is the most exciting birthday I've ever had."

For Oprah, it has been a very eventful, sometimes trying year. Her half-brother died of AIDS in December. And she's had to wage a constant, very public struggle to try to keep off the sixty-seven pounds she lost on a liquid diet (she says she's regained seventeen).

It has also been a time of constant accomplishments. Oprah now reigns as a business tycoon, having invested in a flourishing Chicago restaurant (The Eccentric) as well as owning her enormously successful TV talk show, seen daily by more than twenty million people worldwide. In addition, she's the first black individual—and only the third woman—in America to own a TV and film production complex. Oprah has spent a grand total of $20 million (including the purchase price, construction and renovation costs) to turn an aging eighty-eight-thousand-square-foot Chicago film studio into a modern one-hundred-thousand-square-foot production facility. Now Harpo (Oprah spelled backward) Studios houses not only Oprah Winfrey's staff offices, a cafeteria and an exercise room (including Nautilus equipment, free weights, a Stairmaster and a treadmill), but also sets for her talk show and her new series, *Brewster Place*, which is set to premiere this spring.

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After spending fourteen hours in the office, she'll sometimes return to her Chicago condo and spend another hour on the phone with Harpo, Inc., president Jeffrey Jacobs, her friend and legal adviser. (In fact, she's had a phone installed in her bathroom.)

Even Oprah sometimes ponders just how Stedman puts up with her. The thirty-nine-year-old public relations executive recently opened a new branch of his North Carolina company in Chicago. "It's tough to have a relationship with someone like me," says Oprah. "And the older I get, the tougher I am . . . Because I control so many things in my life, I have to work at not being controlling when I'm spending time with Stedman."

Letting go isn't easy. Whenever they're driving somewhere, Oprah says, she's the one who always dictates their route, sure that she knows the fastest way. One time, she was so insistent that Stedman take a certain "shortcut" that he finally gave in, even though he knew the street was blocked. "When I realized that I had been a real jerk and that he had allowed me to be a jerk, I said, 'Why didn't you just tell me that you knew the street was blocked?' He said, 'It's easier for me to just drive down the street and turn around than to try to explain that to you, because you would be convinced that it wasn't blocked.' That's when I realized, God, I'm really bad. But I'm working on it. Now I get in the car and start humming just to keep myself from saying, 'Go that way!' "

In addition to spending time at her condo in Chicago, on weekends the two often travel to Oprah's one-hundred-sixty-acre farm in Indiana, which she bought in late 1988. Winfrey calls Stedman "the best catch there is." Which leads to the inevitable question . . .

"Why aren't we married?" Oprah chimes in impatiently, sounding like she's heard that question too *(continued)*



2.
"The taste that's right."

Like the mini-series and the Gloria Naylor novel it is sed on, *Brewster Place* will trace the lives of seven inner- y characters. There are, however, a number of changes in is half-hour version of the two-parter that did so well in e ratings last year. Oprah's character, Mattie Michael, ns a restaurant with her friend, Etta May. From the ginal cast, only Winfrey and Olivia Cole (Miss Sophie) ve returned to appear in the series—such big-name co- rs as Jackée and Robin Givens have been replaced by sser-known actresses.

What Oprah hopes will not change, however, is her vi- n for the project. She fought for the original mini-series— er all three major networks turned it down—because she w it as a vehicle to tell simple, moving stories. She must ve been right; although some naysayers doubted the ni's appeal, it won its time slot on both nights. Now the me "experts" are again making dire predictions about the ekly series. The old Oprah might have doubted, too— t, despite the odds, the new Oprah couldn't be more nfident about the show's future.

"I have no fears about this," she says. "What most people television don't realize is that you don't have to fake al life. You don't have to have canned laughter or nned situations."

Brewster Place, Oprah says, "is as important as anything e ever done. I'd say I'm not putting my career on the line, t I'm certainly putting a lot of my professional expertise the line. Because I'm not only an actress doing it, but e said to the network, 'I *guarantee* you that this is going work.' "

With so much at stake in both her new studio and her w series, Oprah insists on having total control over every pect of her professional life.

Then again, she almost doesn't know any other way.

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■ OPRAH'S WONDER YEAR

continued

many times. "We're not married because I'm not ready to
married. Real marriage is the sacrificing of your ego, not f
the other person, but for the relationship. That's how y
become one, because the relationship becomes the numb
one priority. I am really not at that place."

The press has been speculating for months as to why t
couple haven't yet marched down the aisle. The tabloids ke
implying that Oprah and Stedman are hiding some scand
ous secret. Oprah calls this preposterous, insisting their rel
tionship has grown stronger than ever. She maintains it
she, not Stedman, who's reluctant. "He never questions r
about it or gets angry about it," she says. "He doesn't want
be married to someone who isn't ready to be married. I ha
the show, a studio and *Brewster Place* right now. For me
try to think that a marriage could be the number-one thi
in my life now . . . well, it could not be. He doesn't want th
for a wife, and I don't want it for myself. Whatever we ha
now would be destroyed if we got married."

Oprah says she is confident that one day she will be rea
for matrimony—just not now. Yes, the same woman w
woke up in tears on her twenty-eighth birthday because s
wasn't a bride says she's only just realized how she panick
over the public expectations—and her own. "I was buyi
into it," she says. "What I wanted was the same thi
everybody else wanted—a wedding. I wanted a wedding wi
a big gown and some trumpets and people singing, you kno
That's no reason to get married. I see people every day w
made that mistake. They're on my show. And you kn
what? I'm so proud of myself! It's so freeing."

She's experienced the same sort of revelation about mothe
hood, she insists. For a while there, Oprah had practical
shouted above the loud ticking of her biological clock abo
how much she wanted to start a family. Well, t
ticking hasn't gone away. But she is now content to l
her finger rest on the snooze button for a while. "I certain
have no business having children at this time," she sa
"Time is running out, I know, but I'm going to give myself
few years. Got too many other things going. I believe you c
have it all. You just can't have it all at one time."

Even more than her relationship with Stedman, one ar
of Oprah's life has provided the tabloids with enough fodd
for a lifetime: her weight. Her miracle Optifast diet may n
have been such a weight-loss wonder after all—althou
Oprah wants to be back to a size ten by the time *Brews
Place* premieres. For the first time, she says, she's not bei
obsessive about her size. She has become far more philosop
cal about the issue.

"The weight is still a struggle for me," she says, "but I
handling it. It is an illusion to think that going on a diet a
dropping the weight can resolve whatever the weight pro
lem is. Because it's more than just food. Holding on to t
weight was, for me, a way of protecting myself. Coveri
myself. Weight has its purpose in my life. I haven't figur
out what it is. When I do, I will have climbed another ste
Won't that be wonderful! And I get a little closer every day
understanding it."

In the meantime, Oprah has decided she will no long
make her size so prominent in her life. Not only does s
refuse to weigh herself, but she isn't letting the consta
press scrutiny affect her. Until recently, she admits, "eve
time I saw something printed [in the tabloids], I'd just crin
inside . . . And then, last week [one of them] did an awf
cover: OPRAH WINFREY DIET DISASTER. I rememb
the time I would have been just destroyed. I would have fe
that I let America down—that everybody who is dieting n
is going to think I'm a failure and that people are going
quit because of me. But for the first time, I looked at it, I re

nd I moved on. I never thought an-
r thing about it. For the first time.
I *know* I'm growing up."
art of being an adult for Oprah is
worrying all the time about what
ple think about her—or what they
ect from her. Not long ago, Oprah
surprisingly insecure, particularly
n it came to confronting others, for
they wouldn't like her. Few people
ld have imagined that the daring
-show host was once so concerned
ut hurting someone else's feelings
she would write out personal
cks to needy fans who showed up on
doorstep, rather than disappoint
n.
ut that, she says, was the old Oprah.
hough she continues to give lavishly
harities, the new Oprah is finally
ning to say no.
was in an airport about seven
ths ago when something happened
made me realize I had to handle
," she explains. "I was sitting read-
the paper, waiting for the plane,
n this woman who recognized me
e up and stood with her face so close
ne, I could have kissed her on the
—all I had to do was pucker!"
prah says she addressed the rather
ressive face looming in front of hers
a few moments and then went back
eading her newspaper. A minute la-
the woman's friend came over and
ded Oprah for having been rude. At
, she was devastated. "I prayed on
she says. "What is expected of me?
at do I owe people? I realized I had to
e to terms with this celebritydom. I
ized I can't walk around feeling mis-
ple because I didn't embrace every-
y in the airport.
So I don't hug people anymore," she
tinues. "It's always made me feel un-
fortable. That's growth. But it took
oman in an airport to make me feel
ly, really, really bad all the way to
mi to help me see that." .
prah says she has only recently
e to terms with the inescapable
ssures of constantly being in the
lic eye. Then she drops what sounds
a delightful non sequitur.
've developed a greater respect for
, I'll tell ya."
ish, Oprah?
Because I've lived my life in a fish-
l," she says in that homey way. "I
w how it is, guys. I won't even look
fishbowls anymore. I think, They
st get sick of people walking by look-
at 'em."
With the world watching to see how
wster Place and her business ven-
s will do, Oprah won't escape from
fishbowl anytime soon. She has no
nd plan for the future. "I am a live-
the-moment, do-the-best-you-can-
-day kind of person," she says. "I
never think of what's going to happen a year from now, two years from now, five years from now. I don't know. I really only worry about today."

This does not mean her life is haphazard; she genuinely believes she has a spiritual purpose and that she is guided by "divine direction." She makes decisions as each problem comes along, doing what seems comfortable, what feels right. "There is a pattern to my life," she says. "I do everything to the absolute ultimate. I grow. I grow until I can't grow anymore in a certain position. And then another door opens for me. That's been the pattern for as long as I can remember—ever since kindergarten. I was in kindergarten for a couple of weeks when I wrote my teacher a letter that said: 'Dear Miss New: I don't think I belong here.' And they put me in first grade. I didn't think it was necessary to go to second grade, [so I] told my teacher and was moved into third grade. I can't stand to be bored."

With all that is going on in her life these days, Oprah's not likely to be bored for a long time. Should that day come, however, the never-say-die woman will probably find—or build—another door and charge right on through. ■

Eric Sherman is a contributing editor of Ladies' Home Journal.

■ IVANA TRUMP

continued from page 78

much more than twenty-five million dollars. Very unfair."

In fact, some of her employees say, Mrs. Trump had become a demanding perfectionist. One staffer recalled that "she would scream at the top of her lungs." Not true, Ivana counters: "That's just vicious sour grapes from employees who probably were not doing their job and were fired."

After the split, Trump tried to downplay his wife's executive role. "Ivana Trump did not help build the Trump empire," he said through a spokesman. "She doesn't know that much about business. Donald just let her run the Plaza Hotel to keep her busy. She had absolutely no decision-making ability, absolutely nothing to do with any major business decisions."

That's not the case, however; Trump's "Ivaska" oversaw literally every detail of the interior redecoration of the Grand Hyatt, riding herd on plumbers, electricians, carpenters and steelworkers until the hotel opened.

As the Trump Organization's executive vice-president in charge of interior design, she also found the distinctive salmon-pink marble that makes the atrium of Trump *(continued)*



Tower glow. And when Trump failed to realize the publicity value of buying Mar-a-Lago, the estate that had once belonged to cereal heiress Marjorie Merriweather Post, it was Ivana who convinced him. "I was on a plane down to Florida with both of them," recalls New York interior designer Mario Buatta, "and Ivana was explaining patiently to Donald the historic value of the house."

It was also Ivana who oversaw the four thousand employees of Trump Castle casino in Atlantic City. Transferred to the ailing Plaza in 1988, she began to restore its 1907 grandeur, sprucing up the decor and bringing in high-fashion shows by such pals as designer Carolyne Roehm. By 1989, she was considered a knowledgeable hotel and casino executive; even if the Trumps divorce, there is little doubt that Ivana can continue her career.

Love and pain

Despite the embarrassment she's suffered, Ivana appears to bear no animosity toward her wayward spouse. "Donald is a great father," she told me. "He takes the children to hockey and baseball games, Radio City Music Hall, *Phantom of the Opera*, ten He's wonderful with them."

Eventually, Ivana may find a m who will love her—and remain loya her. But for now, she is trying to through her ordeal with as much gr as possible.

It has been a difficult period many ways. In my interview w Ivana last year, she spoke of her s row following a helicopter crash t killed three key Trump Organizat executives. "I cried and cried weeks," she said. "It really brought life into perspective. One day you here, the second day you're gone. Wh you achieve really doesn't mean thing. What really matters is yo family—not your work, not your p sessions, not a boat, not a story in newspaper."

With that kind of commitment permanent divide from Donald Tru will no doubt bring a great deal of pa and loneliness. When, at the end o long afternoon, I asked her if she h ever suffered a great loss, she confid "Before this, I had one tragedy in life. I had a boyfriend in Czechoslo kia who died in a car crash. I was love with him. It was a disaster; tha why I went to Canada. I needed to away and forget . . . if you ever forg It took me about five years to be a to even *talk* about it."

It will undoubtedly take Ivana so time to recover from her current tro bles; even millions of dollars can completely compensate for the fr mentation of a family. Talking abo her past tragedy, she said, her ey filling with tears, "You never forg But you try to remember the go things . . . the love."

In the weeks following Trump's parture, there were hints that the t might eventually reunite. When asked Donald whether he still want to be a bachelor, he said, "Some day do, and some days I don't. Ivana wou like nothing better than to get ba together again." Should they ever r oncile, it might be due as much money as love: Some financial an lysts say Trump is extremely unwi ing to engage in an extended divor settlement battle that would force h to state his true worth in court.

But even if the Trumps manage save their marriage—and it is e tremely unlikely they will—everyo who knows them agrees that the rel tionship has been irrevocably da aged. Donald and Ivana Trump, t husband and wife who were once Ne York's golden couple, will never shi quite so dazzlingly again.

Glenn Plaskin is a writer for the Ne York Daily News.



EONA HELMSLEY

ntinued from page 85

lf—and borrowed her clothes. as fourteen and undeveloped. ilver Dress on Broadway, the said, 'You're pretty but flat- ed.' I went to Woolworth's and my lunch money bought cotton, ıse they didn't have falsies, d my bra, went back and told her a twin. She said, 'You're built better than your sister,' and she me at twenty-five dollars per

ıt showing wools and velvets ut air-conditioning in the sum- was hot. One day I pulled out the and was immediately fired. I n't tell Mama that I had no more y to bring home. My earnings fixing my brother Alvin's teeth. id my smock in a subway locker en cents and found another job. tually I became head model for Chapman, a famous designer She'd loan me dresses to go out ates. They still had the pins in , and I'd come home with ches on my arms.

pulled myself up. I adopted self- hints. Like I taught myself proper h. At fifteen, I'd open a dictio- pick three words, find the mean- and use them the whole day."

at same energy went into her ; by the time Leona met Harry in she was a big-time real estate . "I became successful because I'd until three in the morning," she forcefully. "I loved it. I sold an ment to [CBS president] Larry ; I sold to anybody who was any- I made it because of hard work ong hours and not because I'm a n lady. I'm not."

how, I ask her, did she get that ation?

ona doesn't have to think before ering. "It's because I'm a woman. twenty-seven hotels, and I was at it. A man who's that successful lled hard-driving, a good execu- Well, that's what I am. I'm a good ıtive. Case in point: I think secu- men should be alert and alive at , right? Well, I had one who slept e job, so I fired him. We employ a mum of ten thousand people. e I fired twenty-five. I read about n who axed one thousand people ne network at one time. Imag- f I'd done that; I'd have been !

ne negativism started when some ter called me pushy. In 1973, be- we were a big chain, one hotel's ows were too dirty to see out of. I ad. I took over the maintenance, he marble cleaned, *(continued)*

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JARLSBERG	18 mg	7 g	135 mg	97
Gouda	32 mg	8 g	232 mg	101
Havarti	31 mg	11 g	200 mg	118
Cheddar	30 mg	9 g	176 mg	114
Brie	28 mg	8 g	178 mg	95
American	27 mg	9 g	406 mg	106
Swiss	26 mg	8 g	74 mg	107
Diet Swiss	20 mg	7 g	35 mg	100

Sources Available On Request

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Anytime...Jarlsberg makes it special.

LEONA HELMSLEY

continued

redid the banquet rooms. Harry loved big deals, but he never ran anything after it opened."

Mrs. Hotel Queen Helmsley sighs deeply. "Then Harry built the Palace. Anyone who ever bought a house or redid an apartment and ended tearing his hair out understands I *had* to push. I was fighting deadlines, driving very hard, drowning under two thousand details. I nearly had a breakdown.

"When we opened our Palace Hotel, the ad people created this Queen play on words. I was reluctant, but Harry approved. It started out as great humor, and though my life hasn't always been funny, I have the ability to laugh at myself. But it became unfortunate. It turned. All the evil-queen traits suddenly became attached to me."

A woman's place

Over tuna salad mixed with yogurt ("No cholesterol") and hard-boiled egg whites ("You don't need the yolk"), I asked where she learned to run a hotel. "I didn't," Leona says. "Operating a hotel is, I think, a woman's business. It's knowing food, keeping a room clean, it's running a house on a larger scale.

"I'm compulsive about those things. Like when Harry and I were at a hotel in Ohio. I started to straighten things up. Harry said, 'Stop it. This isn't even our hotel.' "

The Helmsley homes are eat-off-the-floor neat. In their Manhattan apartment, Leona's all-mirrored dressing room, with the makeup lights and barber chair, shines. In their drawing room in Connecticut, every bibelot sparkles. Leona's hems don't da hang, her buttons don't fall off becau they know what's good for them, a dust is just too afraid to gather.

Many people have said that this twi before-married lady latched on to Ha Helmsley for his money. Leona denies "Harry is the only thing that matters my whole life. He's all I have. Whe married Harry, I had a million dollars my own, which I'd earned selling r estate and which I gave *him*.

"There have been stories tha trapped Harry into marrying me. I nonsense. What happened was that was Valentine's Day, and I sent mys twelve long-stemmed roses so it wou look like another beau sent the When Harry came into the house, had nothing for me. I said, 'Well, son body else sent me twelve lon stemmed roses.' The next day Ha sent me twelve short-stemmed ros And I said, 'Harry, what's with t short stems?' He said, 'They die a way, just like the long ones.'

"I haven't been apart from this m in eighteen years. When he was in t hospital, I slept in the hospital. Onc flew to the Midwest to check a prop ty. It snowed, and I couldn't get ho until after midnight, and I found H ry sitting up, waiting. After that I n er went outside New York unless H ry was with me. I'm not away fr this man for two minutes."

Leona Helmsley, the billionair who had early on determined to r above her station, is one of the ul mate survivors. She survived t death from a heart attack in 1982 Jay Panzirer, her only son from a p vious marriage, although, she sa tears again filling her eyes, "I s haven't really gotten over that. I hard to lose a son."

Asked if she'll survive her latest deal, she says, "Whatever may happ to me physically, I don't know, bu only know I am not going to jail. I innocent. I have done nothing wron

"There's an appeal coming up. I ho it will be very quick so that I can go with my life. I can't say that all I been through will change me in my called golden years. I think I'm too to change. And whoever had it in me, whoever didn't like me enough have gotten this case started agai me, I'm not going to spend my ener hating them. I only want to be l alone. When it's over I want to have big party with my Harry and go living with my husband for howev long God gives us to live."

Cindy Adams, a columnist for the N York Post and a correspondent for Current Affair," frequently intervie newsmaking celebrities.

Journal

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32: Left—necklace and ring, Fragments. Middle—neck- Fragments; sandals, Donna Karan. Right—necklace, Don- aran; ring, Caroline Ellen Designs.
NTDOWN TO SUMMER
37: Top right—suit, Norma Kamali OMO; earrings, Cyn- Rybakoff; bracelet, Showroom Seven; towel, Ralph Lauren. m—exercise gear, Dance France. **Page 40:** Bottom—glass- iz Claiborne. **Page 41:** Dress, Body Glove; necklace, Craft van. **Page 44:** Suit, Norma Kamali OMO; towel, Ralph en; ring, Cynthia Rybakoff; hat, Whittal & Shon; bag, Spet- o. **Page 46:** Left—suit, Gottex; towel, Ralph Lauren; glass- larcolin by Marchon; earrings, The Gold Information Cen- **Page 50:** Right—suit, Esther Williams; bracelet, Eugena; lasses, Alain Mikli; rings, Fragments. Left—sandals, Pap- llo. **Page 54:** Left—suit, Esther Williams.
ENTS' JOURNAL
138: Rocking chair, Mohair Elephant, by Lee Schultz, Enchanted Forest, NYC. Rattles, teethers, wooden hang toy, y go ducky, Penny Whistle, NYC. Gund bear, Toys book, Bear's Place, 789 Lexington Ave., NYC.
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s 170-171: Jupiter Affiliates Ltd., 90 Riverside Dr., NYC 4; cabinets, Merillat Industries, Inc., 800-624-1250; double with broiler, dishwasher, microwave-convection/hood, gas op, side-by-side built-in refrigerator, KitchenAid, 800-422- Median Grey Matrix counter top, Architectural White splash, Fountainhead® by Nevamar, 8339 Telegraph Rd., ton, MD 21113, installed by Dura Fabrication LTD., 783 nald Ave., Brooklyn, NY 11218; Mannington Ceramic Tile, Box 1777, Lexington, NC; P.C. Glass Blocks distributed by Building Products Corp., 48-16 70th St., Woodside, NY ; Levolor Riviera Micro Blinds, 595 Lawrence Exp., Sunny- CA 94086; chrome-white single lever with pullout sprayer t, Blancotec Stainless Steel Bowl, one-half sink with colan- Blanco America Inc. VPR, 1001 Lower Landing Rd., RD#1 607, Blackwood, NJ 08012; low-voltage down ceiling , Lightolier, 100 Lighting Way, Secaucus, NJ 07096, attn. ept.; #MSHM-18CW air conditioner/heatpump, Mitsubishi ric Sales America Inc., HVAC Division, 5757 Plaza Dr., ss, CA 90630; Lumere under cabinet, toe-kick lighting, Lighting Corp., P.O. Box 1094, Kearney, NE 68848, attn. FH; ceiling, Sheetrock® Gypsum Panels, U.S. Gypsum Co. 122-ZZ, 101 S. Wacker Dr., Chicago, IL 60606; can opener, cut™ Food Processor, Wide-Slot Cool-Touch toaster, Black cker U.S. Household Products Group, 800-552-0553; 8" Por- television, Sony Corp. of America, 800-930-SONY; kitchen sories, William Sonoma, Mail Order Dept., P.O. Box 7456, Francisco, CA 94120-7456; artwork, Poster Originals, LTD., Madison Ave., NYC 10021. **Pages 172-173:** Latapoxy SP- Bright White Grout by Laticrete International, 1 Laticrete North, Bethany, CT 06525; paint, Benjamin Moore & Co., estnut Ridge Rd., Montvale, NJ 07645; rugs, ABC Carpet me, 888 Broadway, NYC, 10003; lamps, desk-top accesso- ellow vase, M.O.M.A. Mail Order Dept., 11 West 53rd St., 10019; Calphalon cookware, Commercial Aluminium Cook- Co., P.O. Box 583, Toledo, OH 43693; yellow Peretti bowl, y & Co., 727 5th Ave NYC.
NEW NATURALS Pages 178-179: Right—scarf, Echo.



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MEN

continued from page 118

Boy, Sally sounds really awful. She obviously can't handle the pressure. What am I going to do? We need the second income from her business. Maybe she's having a nervous breakdown. It's important to be clear that you're only giving vent to your emotions, not making serious plans for your future.

PUZZLE #3: Why do men seem to care less about love and relationships than women do?

■ "I know he loves me, but I always feel like the relationship is more important to me than it is to him."

■ "I always think of doing special little things for my husband, like buying cards, or planning special evenings. If he loves me, why doesn't he think of doing these things for me?"

Can you relate to these statements? Most women can. It's not that men don't care about love. But men are taught that it's unmanly to place too much emphasis on their relationships. Instead, they're supposed to define themselves primarily through their work, their accomplishments. He's been taught to believe he has to prove himself to the world before he can concentrate on his emotional life. He isn't able to relax fully at home while his self-esteem hangs in the balance at work.

Of course, women may have difficulty leaving the office behind, too, but we weren't taught to place as much weight on our job achievements as men were. For many of us, no matter how successful we are in our own careers, if our emotional life isn't satisfying, we usually don't feel good about ourselves. For a woman, spending intimate time with her man is a reward, not a distraction or interference. We want our man to be able to drop all of his worries about work and seek solace in our love.

This isn't always easy; men often have a more difficult time shifting from thinking to feeling than do women. If your man has been focusing on rational, analytical activities at work, he won't be able to shift instantly into a vulnerable, emotional mode as easily as you will.

PUZZLE #3: The solution

1. *Discuss ways you can help your partner find his sense of self-worth not just in his work but in your relationship, too.* I believe that for men to begin living healthier lives, they need to redefine their priorities. It's vital for a man to understand the intangible value of spending an evening helping his son with homework, taking a walk with his wife before dinner or calling a friend.

2. *Talk with your partner about ways (and you) can make a smoother sh from a working mode to a loving mod* He might try working out, taking walk, listening to soothing music meditating. Don't barrage your m with emotional issues as soon as walks in the door at the end of the da

3. *Make agreements with your partn about how each of you wants to contri ute to the growth of your relationship.* Many women make the mistake of cretly expecting their man to contribu time and effort to nurturing the rel tionship, only to become disappoint when he doesn't. Instead of just wishi your partner would become more i volved, ask him to share his feelin Discussing your relationship will n only reassure you that your man do care about you, but it will also help hi get in touch with his own emotions.

The most important thing you can to understand your mate: Ask que tions. You'll be surprised how mu men love to explain themselves to yo And if you ask the right questior you'll come away with secrets abo men that will make you that mu more confident as a woman.

Dr. Barbara De Angelis, a respected rel tionships expert, is executive director the Los Angeles Personal Growth Cent



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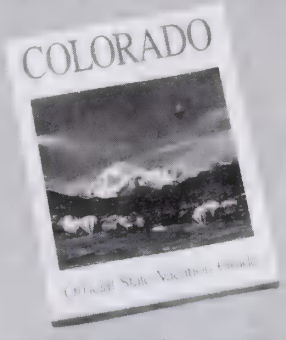
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Ladies' Home Journal

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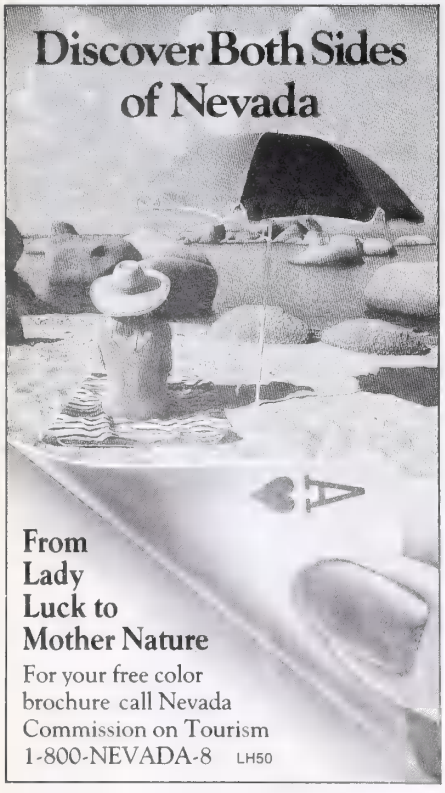
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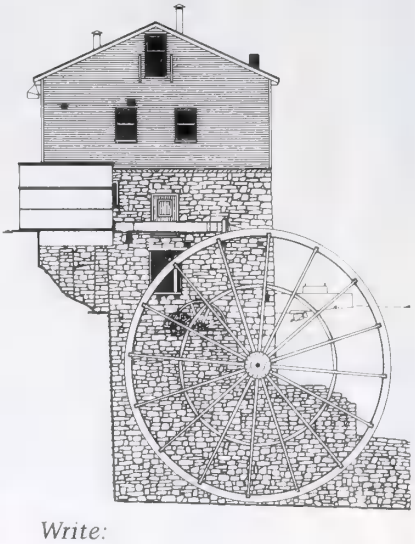
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TRAVEL JOURNAL

THE CHINCOTEAGUE PONIES

Just off the Virginia and Marylan shore lies a little island where onc upon a time renowned children's au thor Marguerite Henry bought a whit and gold filly and named her Misty.

The legend of the Chincoteague po nies and the lure of Pony Pennin Days brought author to the island i 1946, when she bought the filly fo $150. Henry went on to write the be loved children's book *Misty of Chinco teague*, published in 1947, and its se quals, *Sea Star, Orphan of Chinco teague* and *Stormy, Misty's Foal.*

You can still visit the island an participate in the auction. Once a yea on the last Wednesday and Thursda in July, the ponies, owned by the Chin coteague Volunteer Fire Company, ar rounded up on the nearby island Assateague, and at low tide you ca watch the ponies swim across the na row channel to Chincoteague, whe about fifty colts and yearlings are so at auction for an average price of $35 Pony Penning Days, an island trad tion since 1924, attracts forty tho sand people a year.

Most residents believe the poni are descendants of horses that swam freedom when a Spanish galleon san off the coast of Assateague in the ear sixteenth century, and research h shown that a Spanish ship, the Sa Lorenza, did indeed sink near Assate gue, although in 1820.

If you go to pony penning, be sure see the film *Misty*, shown every year the Island Theatre. Misty made pe sonal appearences at schools and braries throughout the country an spent the remainder of her life wi lifelong resident Maureen Beebe, wh became a character in Henry's boo Misty had three foals and died at th age of twenty-six in 1972. You can vi it Stormy, Misty's last foal, at the Mi iature Pony Farm on Pension Stre with other Misty descendants.

The next pony penning will be Ju 25 to 27, 1990. There are a number fine restauarants on Chincoteague, the area is famous for delectable oy ters and blue crabs. Stop by the Oy tercatcher at 116 S. Main St. and Spi nakers on Maddox Blvd. Lodging also plentiful, but reserve in advan For more information about Chin teague, contact: Chincoteague Cha ber of Commerce, Box 258, Chin teague, VA, 23336. —ROBERT C. GR

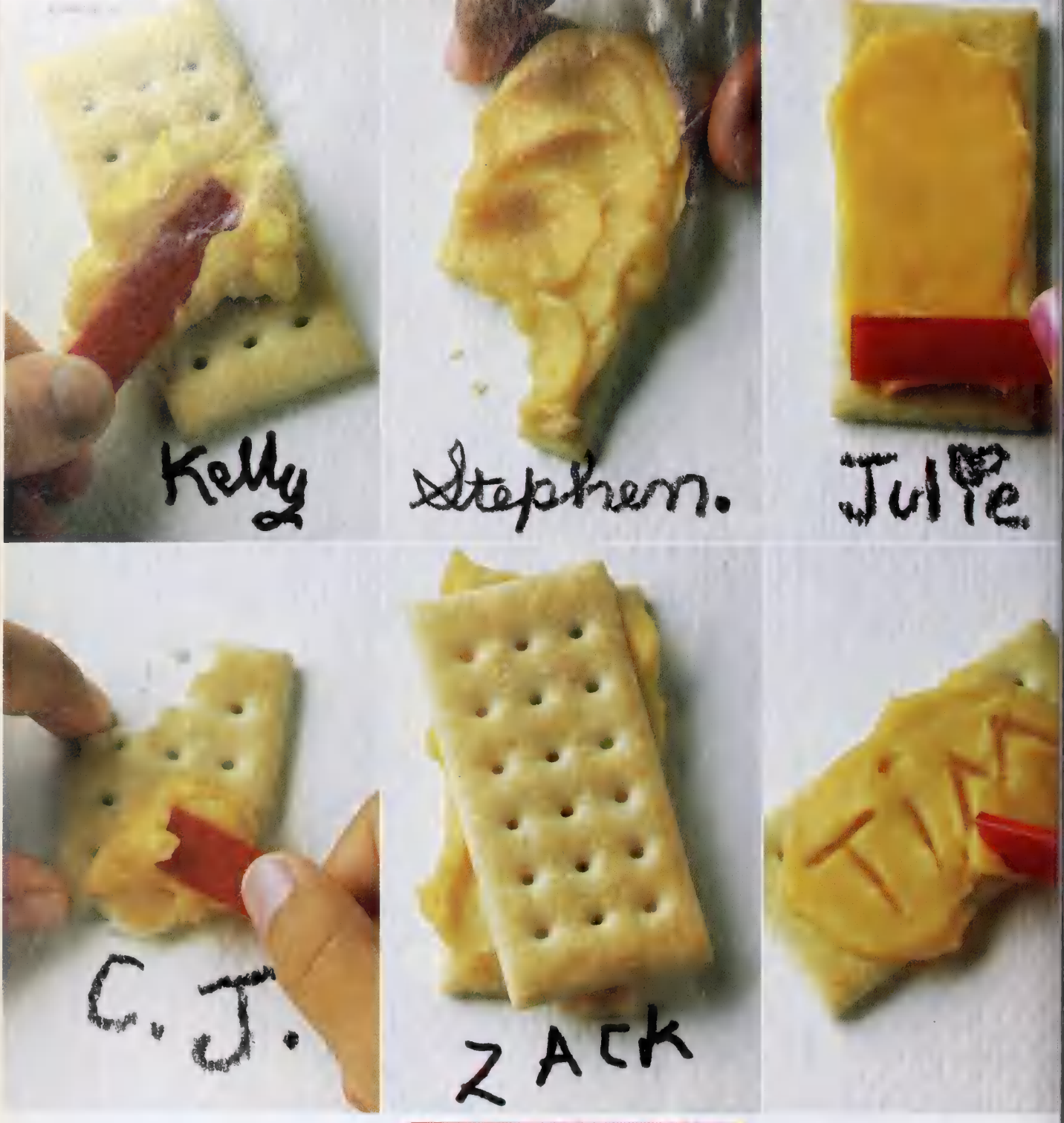


Oriental Saladventure Recipe: An exotic setting for four. Create a leafy bed of bok choy and spinach. Then arrange it with six ounces of blanched Chinese pea pods. Add a shredded carrot, two ounces of sliced water chestnuts, four ounces of crisp-steamed broccoli flowerets, and one ounce of Enoki mushrooms. Top it all with the delicious tang of T. Marzetti's Fresh Buttermilk Ranch Dressing. You'll find it refrigerated fresh in your grocer's produce department.

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T. MARZETTI'S SALAD IDEAS FROM THE PRODUCE DEPARTMENT

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The wholesome snack kids make their ow

BOY FROM TACOMA

continued from page 160

explore; to their parents, alarmed by the smashed beer cans and pornographic materials occasionally found there, it was a place to avoid. Link, like other local children, reluctantly but obediently confined himself to its borders.

Helen didn't even think of the woods on that night of May 20, 1989, when she noticed it was getting dark. She assumed that Link was still at the home of one of his friends. But when she made a number of phone calls and failed to locate him, a knot of worry lodged itself in the pit of her stomach. "Let's take a drive and see if we can spot a bike," she suggested to her parents, Betty and Ned Foote, who at the time were sharing the house with their daughter and grandson.

While Ned waited by the phone, Helen and Betty circled the neighborhood twice, but they found neither the red bike nor Link. By ten P.M., Helen called the police. "My son is missing," she said shakily.

A horrible discovery

About the time Helen and her mother got in the car to search for Link, another drama was taking place about three and a half blocks away, at the home of Richard and Candy Mansfield. The Mansfields, Richard's twelve-year-old daughter, Sabrina, and his three nieces were solemnly making funeral arrangements for Marbles, the family cat, who had just been run over by a car. After much discussion, they agreed to bury Marbles in the woods.

As the girls were gathering flowers to sprinkle on the small grave, Richard Mansfield saw a figure about seventy-five yards away: a boy, naked and covered in mud, leaning heavily, as if for support, on a big branch. Richard took a step toward the youngster, but the boy backed into the underbrush and disappeared.

"My first thought was that the child had been playing in the creek and lost his clothes," says Richard, a third-grade schoolteacher. "Yet we couldn't leave the woods without checking further."

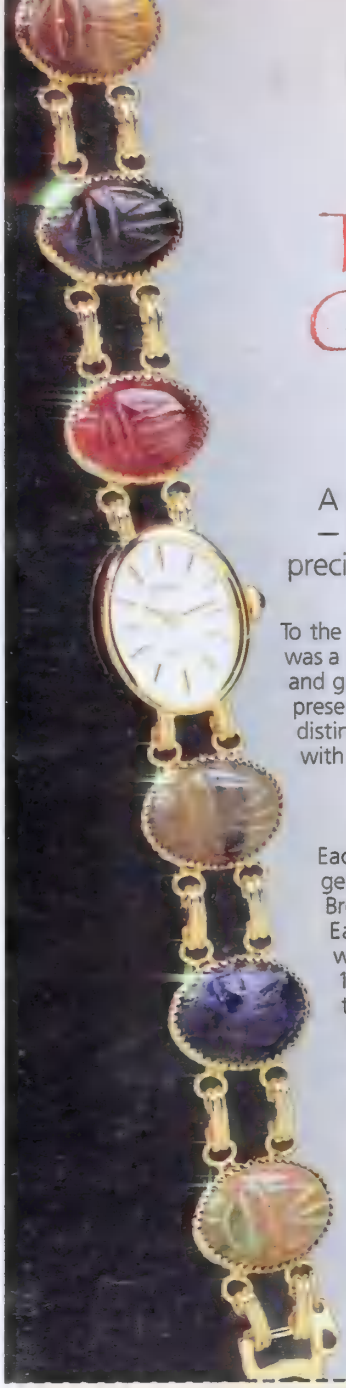
Again, the family heard rustling in the bushes. This time the child stayed still as Mansfield approached, crooning reassuring words. Gently putting his hand on the child's shoulder, he knelt down to examine the boy for injuries. Suddenly a wave of nausea gripped him. Where the boy's penis had been, there was nothing but a gaping, bloody wound.

"Call 911," Mansfield whispered hoarsely, handing his daughter the keys to their front door. Then, as Candy draped her jacket over the youngster's shoulders, he lifted the wounded child into his arms and began the careful walk back to the house.

A shocking case

Within a few minutes, an emergency team had arrived at the Mansfields' house. The little boy lay very still, drifting in a twilight zone, unable to speak his name or call for his mother. He had clearly been the victim of an unspeakably vicious sexual assault: In addition to the wounds in his genital area, which was a mass of raw mutilation, he had three angry marks on his neck that indicated a strangulation attempt, and a stab wound in his back. Tears welled in the paramedics' eyes as they stabilized the child, controlling the bleeding from his genital area and readying him for the trip to the hospital.

"Paramedics see a tremendous number of terrible things," says John Coombs, M.D., the pediatrician who was on duty that night at Mary Bridge Children's Hospital and Health Center, "but I have never seen them shaken as they were then. It was difficult *(continued)*



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for them to talk when they phoned in to alert the hospital staff."

Of most concern to the doctors were the neck lacerations and the stab wound—the first because they could have damaged the boy's windpipe, the second because it could have penetrated his chest cavity. Only after several tests, including X-rays and a CAT scan, indicated that there were no apparent internal complications did the doctors turn their attention to the most shocking evidence of the assault. Then they prepared the child for surgery.

"He needs my help"

It was nearly two hours after the Mansfields found the little boy that he was able to mumble his name to police, and at eleven P.M. a police officer and chaplain knocked on Helen's door. "We have your son, and he's alive," the officer told Helen gently. "But he's been sexually assaulted, and you need to come down to the hospital."

Helen fought to remain calm. "I didn't want to hear any more," she says. "I'd heard enough. I thought, My son's alive, and he needs my help."

Neither Helen nor Betty remembers very much of the ten-minute drive to the hospital. "I wasn't thinking anything," Helen explains. "My brain had shut down."

When she got to the hospital, Coombs said gently, "I think your child's going to be okay, but I need to tell you something that is very startling. Your child's penis has been amputated."

Betty broke down, but Helen concentrated on keeping her self-control. "My son needed me," she says simply. She saw the deeply sedated boy before he was wheeled into surgery. There, Robert Modarelli, M.D., a urologist, sutured the wound, leaving a urethral opening so the child could urinate.

About an hour later, in the recovery room, Helen got her first long look at her son. "He seemed to have shrunk in bed," she says, her voice barely audible. "And even in sleep he was still fighting. They had to have him in straints." She swallows hard before continuing. "His gernails were caked with mud, as if he had been claw the dirt."

Early the next morning, Link awoke. His neck and ge tals were bandaged, and he had a catheter to help h urinate. Electrodes monitored his vital functions, and intravenous line into his hand dispensed painkillers. the hospital tr pings weren't main conce "Mom," he wai plaintively, "I my bicycle. Wha I do? Are you n at me?" Grasp Helen around neck, he hug her tightly.

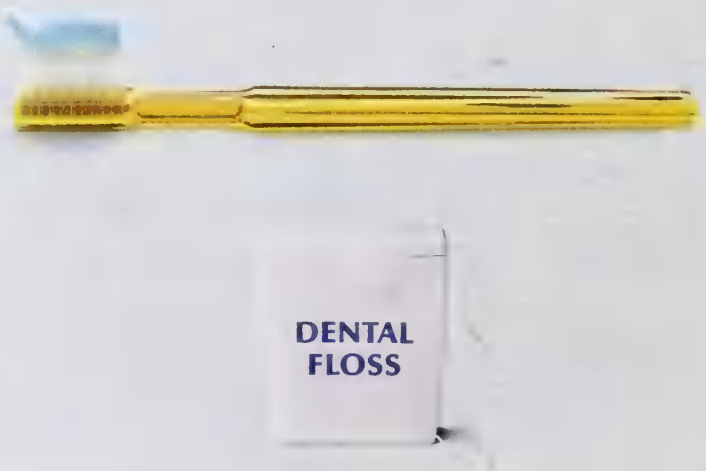
Helen bit her as tears filled eyes, but she fused to cry in fr of her son. "It's right," she t him softly. "Eve thing's going to all right."

Public outrage

Hours later L gave police a scription of his sailant. But child was so he ly sedated tha was two days be he told police ex ly what had h pened to him man on a bic had stopped and threatened hurt him un Link did what said. Then he dered Link to with him on trails in the wo Once they reac a remote area, assailant wrap two cords aro Link's neck raped and stab the child be mutilating him then left Link for dead in a damp creek bed. Doctors later that the dampness had helped stanch the flo blood from the boy's wounds.

As soon as Link described the man who had so sava attacked him, police had an idea of whom they were l ing for: Earl Shriner, thirty-nine, a Tacoma resident had been in and out of institutions and prisons sinc was fifteen, for violent sex crimes. Prosecutors said tha January 1988, seventeen months before the attack Link, Shriner had grabbed a ten-year-old boy, hit him,

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s hands and unbuttoned his pants before the boy escaped. harged with attempted statutory rape, Shriner pleaded ıilty to a reduced charge of unlawful imprisonment—and rved only sixty-seven days in jail.

Prison records allege that while in jail for that crime, ıriner told fellow inmates of how he planned to kidnap ildren, force them to perform sex acts and then kill them. ıt prosecutors could do nothing to keep him in jail after had served his sentence. Local police officers warned the incipal of an elementary school near Shriner's house out the convict. ıey kept Shriner ıder occasional rveillance, but no e was following m the night Link ıs attacked.

On Sunday, May , the day after e assault, police rested Shriner, arging him with empted murder, pe and assault. ıen the story be- ne public, the idents of Taco- ı were ap- lled—and out- ged that their minal-justice stem seemed werless to protect ir children.

Helen felt so ongly about the ue that she re- ıtedly spoke to media in the s following the ault. Her son's ne, which differs n hers, was kept ret. His story tured the atten- ı of the city, the te and even the ntry after Hel- appeared on a k show to plead stronger laws inst sex offend- . People ex- ssed love as well anger: Thou- ds of cards and s poured into hospital where k was staying. y bore one sim- address: "The Little Boy, Tacoma, Washington."

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difficult visit

the sixth floor of the hospital, his room overflowing ı teddy bears, balloons and flowers, Link didn't know was dominating the newspapers. Once the catheter was oved, he had almost no pain; clad in blue-and-green ımas, he walked up and down the corridors, chatting ı patients and staff members. By the third day, Helen it was time he saw his friends.

She invited his two closest pals, Josh and Billy, to the hospital room. Once there, Josh fiddled awkwardly with the strings of the balloons; Billy stared out the window. The room was silent a few moments before Link looked at his friends. "That man cut my penis off," he said bluntly.

"Yeah, we know," Josh said. "We didn't think we were supposed to talk about it."

Link shrugged. "Watch this," he said, pressing the buzzer. His face brightened as a nurse entered the room. "May we have some ice cream, please?" he asked impishly. Then he turned to his two friends and grinned. "Not bad, eh?" After devouring the ice cream, the three boys settled down to the serious business of playing Nintendo, one of Link's favorite presents.

"Once that initial statement was out of the way, the injury wasn't a big deal to any of them," Helen says with relief.

After eleven days, Link went home, and he refused to be coddled. "I want to go back to school," he said. Reluctantly, Helen gave in.

Link wouldn't tell his mother or grandparents much about what had happened to him in the woods. "I think he's trying to protect us," Helen says quietly. Occasionally, though, Link reflects on his injury. One day, Helen's mother found him looking at his genital area. "No, Grandma, it's not sore," he said. "It just makes me a little sad.

"You know," he added, "it's too bad I'm not a starfish." It took Betty a few seconds to remember that starfish regenerate new appendages when old ones are broken off.

An innovative procedure

Originally, doctors believed they would have to wait until Link was an adolescent before performing reconstructive surgery on his penis, but as the story made national news, urologists from around the country contacted Modarelli to help him search for a better solution.

Edward Tank, M.D., of Oregon Health *(continued)*

vlasic

THE VLASIC CLASSIC SANDWICH CONTEST WINNING RECIPES

STAN'S SPECIAL SANDWICH

Ilona Schwab, Wilmette, IL

1 teaspoon mayonnaise
¼ teaspoon orange marmalade
2 slices pumpernickel raisin bread
4 ounces sliced baked ham
1 slice part-skim Swiss cheese
1 VLASIC® KOSHER CRUNCHY DILL PICKLE, sliced thin lengthwise
1 green lettuce leaf

Combine mayonnaise and marmalade in small bowl; spread on bread. Layer ham, cheese, pickle and lettuce on 1 bread slice. Top with remaining bread. Makes 1 sandwich.

CALIFORNIA CLUB

Cliffie Maye Kinnard, Nashville, TN

2 tablespoons VLASIC CHOPPED RIPE OLIVES
2 tablespoons mayonnaise
2 tablespoons VLASIC GREEN TOMATO PICCALILLI
2 tablespoons cream cheese, softened
4 slices whole wheat bread
2 slices white bread
½ small avocado, peeled and sliced thin
2 slices cooked bacon
4 thin slices tomato
2 slices ham
2 slices turkey
½ cup alfalfa sprouts
8 VLASIC HAMBURGER DILL CHIPS
8 VLASIC WHOLE RIPE PITTED OLIVES

Combine chopped olives and mayonnaise in small bowl and piccalilli and cream cheese in another small bowl. Spread olive mixture on 1 side of whole wheat bread slices and piccalilli on both sides of white bread slices. Layer each of 2 whole wheat slices with avocado, 2 tomato slices and 1 bacon slice. Top with a white bread slice. Top each sandwich with 1 slice each ham and turkey, ¼ cup sprouts and remaining whole wheat bread slice. Cut each sandwich in 4 triangles. Place one dill chip and whole olive on each triangle; secure with toothpicks. Makes 2 sandwiches.

GRANDMOTHER'S PEPPERONI MELT

Ruby C. Dye, Proctorville, OH

1 hero roll (5 oz)
2 ounces sliced provolone cheese
1 ounce sliced pepperoni
½ cup thinly sliced mushrooms or onions
1 VLASIC KOSHER DILL PICKLE, sliced
1 cup broccoli florets, cooked
¼ cup shredded mozzarella cheese
1 tablespoon freshly grated Parmesan cheese (optional)

Slice roll in half. Layer bottom with provolone, pepperoni, mushrooms or onions, pickle, broccoli, mozzarella and Parmesan. Microwave on High 1 minute. Place top of roll on sandwich and microwave 30 seconds more. Makes 1 sandwich.

AMERICA'S FAVORITE PICKLE.

BOY FROM TACOMA

continued

Sciences University, in Portland, one of the few pediatric urologists in the world with experience in such reconstruction, offered to assist in an operation; and last August, less than three months after the assault, Link returned to Mary Bridge.

"Like all males, Link has a goodly amount of penile tissue inside [his body]," Modarelli explains. "It was our job to release this tissue, cover it with skin and allow it to hang down."

The interior penile, or erectile, tissue normally lies in a horizontal position above the scrotum (the pouch of skin covering the testes) and is held in place by ligaments. In an operation that took less than an hour, the two doctors cut the ligaments and brought the erectile tissue down into the scrotum. Over the next several months, the scrotal skin attached itself to the erectile tissue, Modarelli says. In another operation this year, the doctors plan to release the erectile tissue from the scrotum. Then they will lift it up and stretch the scrotal skin around it to form a new penis.

Modarelli says that although the boy's penis will be shorter than average, Link will be able to urinate in a normal manner, have erections and father children. His hormonal development will continue to be normal.

Modarelli is sanguine about Link's physical recovery. "A love relationship will be fine for him," he says.

"He's pretty tough"

Of equal concern to Link's parents and his doctors is his psychological recovery. At this point, the boy, who celebrated his eighth birthday last August, shows few emotional scars: He doesn't have nightmares, he doesn't flinch when he sees strange men, and he doesn't exhibit any fears or insecurities. "I don't see any difference in him at all," says his father, Brian, a welder and antiques refinisher who lives in northern California.

He chuckles softly. "Link visited me this summer, like he always does, and we went camping for about a week. He went skinny-dipping with no embarrassment. Even after all he's been through, he wasn't afraid to wander in the woods by himself." He shakes his head in disbelief. "He's pretty tough."

At the same time, Link's father isn't blindly optimistic. He says quietly, "The problems, I feel, will probably be down the road in another two to four years, when he's ten or twelve years old, and he realizes that things aren't quite normal."

Her son's apparent equanimity also worries Helen. "Does it make y nervous as it makes me that he d seem to be reacting?" she asks rh cally. "I don't know if we can exp ever to happen or if we should b cerned if it never happens." She p and smiles hopefully. "Maybe have a lesser reaction now that been able to have the reconstru surgery so soon."

Once or twice a week, Link s therapist, Jane E. Kendall, who vides a haven where he can full press his feelings. Sometimes th make up stories or engage in role ing. "Mom," Link tells Helen goes in for one of his sessions, may hear some loud noises. We'r ing to be throwing things, but it all right. Jane and I are just angry together."

Kendall refuses to speculate the boy's emotional health. "It ways dangerous to predict a child velopment to adulthood," she "because the best background wit least trauma can be dynamite, children with the worst backgro can be survivors."

Other experts who have had contact with the youngster feel he handle the future with aplomb. has amazing resilience and a sense of self-esteem," says Joan ley, a child-life specialist at Bridge. "And Helen is truly rem able—thoughtful, reasonable and itive. Given the child, the mother the therapist, I'd say the expectati good."

Eric Medford, a psychological ate who worked with Link during initial hospitalization, agrees. family is the primary healing so and he's got a good, strong fa He'll get through it fine, primarily to the strength of his mother."

One of Link's harshest tests ca February, when the child, acco nied by his parents, testified at S er's trial. Although Helen dreade son's court appearance, she kne could handle it. "To have to look man in the face . . ." Her voice t off, and she shudders.

On February 7, after just six h of deliberation, a jury convicted Shriner on all charges, and pro tors asked for an "exceptional tence" of three hundred years.

"Whatever sentence he gets n to be for life," Helen says. "W happened to my son will be for lif

Never again

Helen's own life has changed as She worked for a real estate com as an escrow officer for years, and moving to Tacoma she began thin about changing careers. But follo

he attack on Link, she says, "a career ound me." She was a member of the overnor's Task Force on Community rotection—a temporary committee, rmed after the assault, that lobbied r, among other measures, tougher entences against sex offenders. Based n the group's recommendations, the Vashington legislature enacted a new et of laws. Helen also works with oth- r organizations that have a similar ocus, and she has spent more than eventy hours a week making phone alls, attending meetings and speak- ng to the media.

Despite the worthiness of her cause nd her effectiveness, Helen has been riticized for her actions. Some local esidents said that her volunteer ef- orts prevented her from finding paid ork—in short, they accuse her of anting to live off the $600,000 trust nd set up from donations to provide r Link's medical and educational eeds, as well as for his support and aintenance.

The controversy has left Helen hurt nd angry. She points out that under ne terms of the trust she has no access o her son's money. In fact, because she as unemployed at the time of the at- ack on Link, she had to rely on wel- are payments for several months. Iow she is working again, at a tempo- ary job in a tax-preparation office.

But Helen is determined to concen- rate on caring for her son and champi- ning the cause of more severe punish- ent for sex offenders. "What I'm do- ng now is of major importance," she ays vehemently. "Maybe in the future can become a paid job. But speaking ut is something that I can do, for my on and for other people's sons and aughters. *Something* positive has to ome of all this."

For now, Link, like most-eight-year- lds, isn't particularly interested in his nother's activities. Clad in a Batman -shirt and turquoise-and-white horts, he sits in front of the TV and, long with Josh and Billy, immerses imself in a game of Nintendo. With a ell-coordinated mastery of the but- ons, the three boys take turns guiding ne fictional hero along wooded paths, eftly zapping the monsters who get in is way.

"Yahoo," the little boy yells jubilant- as he clears the screen of dangerous emons. The game over, he is asked hat pseudonym he'd like to assume n this article. He looks thoughtful for moment and then grins.

"Just call me Link," he says proudly, ike the Nintendo guy who beats all ne monsters." ■

ndrea Gross is a contributing editor f Ladies' Home Journal.

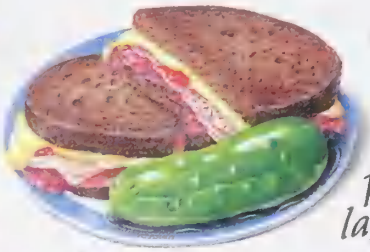
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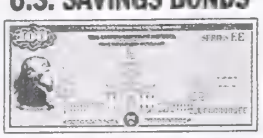
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LAST LAUGHS

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We planned our children close in age
In the hopes they'd be compatible,
But we have found, to our dismay,
That it made them more combat-ible!

—Pearl Hoffman

"NEVER UNDERESTIMATE THE POWER OF A WOMAN"



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ROSE IS ROSE © by Pat Brady

OUT OF THE MOUTHS OF BABES

My young son, Jonathan, always complains that he has no one to play baseball or soccer with. When I was pregnant with my second child, I told him, "Maybe soon you will have a little brother." Jonathan frowned and replied, "Can't I have a big brother instead?" —Vicki Jones, Kenner, LA

It's tough to convince children to eat new things—particularly when all they seem to crave are fast-food cheeseburgers and peanut-butter-and-jelly sandwiches. As we sat down to dinner one evening, my husband asked our five-year-old if he would like to try a fish stick. "No, thanks," our son said, putting his hand on his stomach. "They make me seasick." —Gerri Strohbeen, Sioux City, IA

Our four-year-old son, Ben, has a friend named Courtney who received stitches after falling off her bicycle. That night, while he was getting ready for bed, I explained to Ben that Courtney's stitches were similar to those holding the patches on his blue jeans. He gave me a puzzled look and asked, "Mom, how did they fit her head under the sewing machine?" —Lori Heys, Brighton, MI

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Patrick Demarchelier



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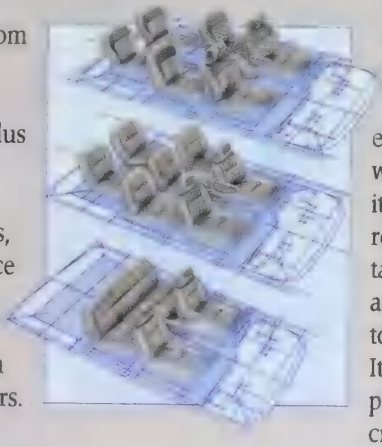
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LADIES' HOME Journal® VOL. CVII NO. 6 JUNE 1990

IN THE NEWS



DYNAMIC DUO
PAGE 126

20 • **A woman today** "Mommy, please come get me!" Tricia vanished down a storm drain after a devastating flood. Would her mother ever see the little girl again? *By Karen Reese*

121 • **The Pill: how it changed our lives** It was introduced thirty years ago, and nothing has ever been the same. A short history of sex in America. *By Ann Marie Cunningham*

124 • **Private agony, public cause** Exclusive: For seven years Nancy Cruzan, the victim of a tragic accident, has hovered between life and death. On the eve of the Supreme Court decision that could end her limbo, her anguished parents tell their story. *By Deborah Beroset Diamond*



ALL IN THE FAMILY
PAGE 71

PERSONALITIES

COVER STORY

126 • **Candid Candice** She plays outspoken journalist Murphy Brown. Now Candice Bergen speaks out about how she's coping with her off-camera role as a mom. Who got the scoop? Why, none other than real-life reporter Linda Ellerbee, a model for Murphy.

130 • **Faith Ford: F.Y.I.** Is she really the ditzy dame she plays on *Murphy Brown*? *By Michael J. Bandler*

44 • **What's hot: music's legendary ladies** Sensational singers Carly Simon, Aretha Franklin and Dionne Warwick are back on top.

54 • **Behind the screens at TV's funniest new show** Before you see the cream of the video crop, brave staffers at *America's Funniest Home Videos* must fast-forward through five thousand tapes of barfing babies, babbling brides and . . . well, a few too blue to make the air. Where do they get the strength? *By Jill Rachlin*

FAMILIES TODAY

71 • **Parenthood: a special report** Families are back in style, but we're as busy as ever. How do you deal with the problems and the pressures? Read our four-part section on how families across the country make it all work: avoiding the big mistakes parents most often make, decorating a room to grow up with your child, and a light look at the best medicine of all.

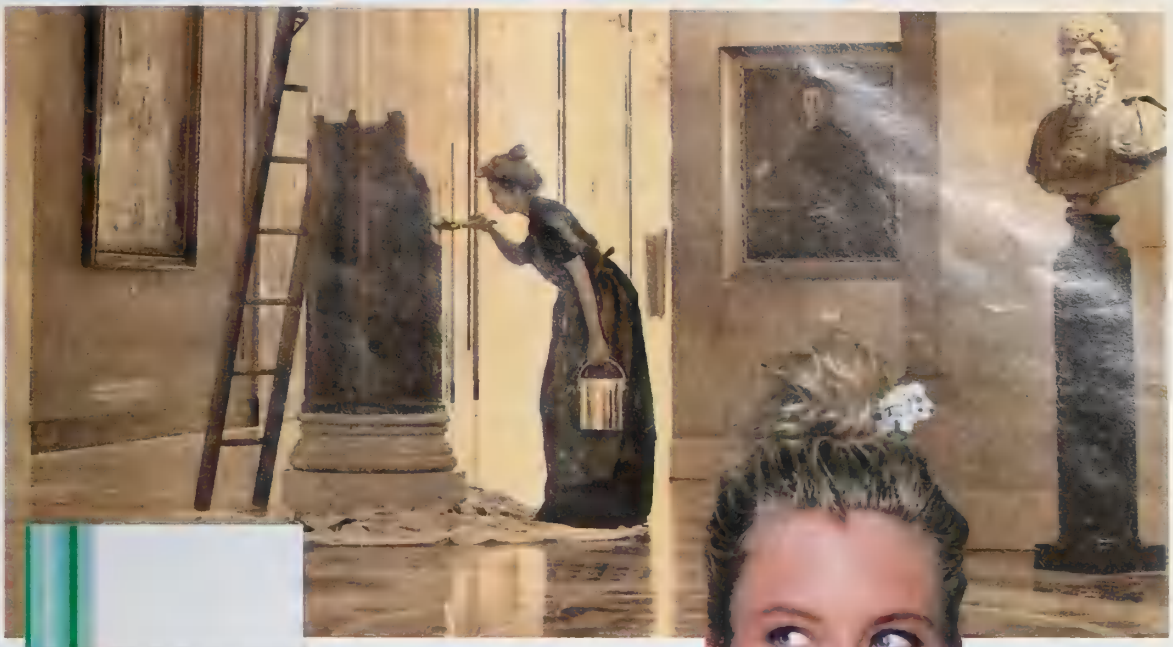
BODY AND MIND

94 • **Medinews** The estrogen-cholesterol connection; upper-body fat and breast cancer; and more. *By Sally Squires*

96 • **Weight Watchers exclusive: Get your body ready for the beach** Are you dreading shedding your winter layers? Meet three Weight Watchers who accepted our challenge to get swimsuit slim in time for summer. *By Ellie Grossman*

Cover: Bergen, Greg Gorman/Gamma-Liaison; Saget, ABC/Capital Cities; Crawford, Patrick Demarchelier. Photos, this page from top: CBS, Eric Rasmussen.

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104 • **Diseases your doctor may miss** True stories of rare ailments that can baffle even the most knowledgeable physicians. *By Stephen Phillip Policoff*

110 • **Personal journal** Married with children . . . and still in love; and more.

FICTION

62 • **Family pictures** She thought her parents loved her autistic brother more—until she learned about their own secret torment. From the best-selling author of *The Good Mother.* *By Sue Miller*

BEAUTY AND FASHION

31 • **Beauty and fashion journal** And the winners are . . . Meet the finalists of the L'eggs/LHJ best on-the-go legs contest and the Oil of Olay/LHJ I-look-great-for-my-age contest.

38 • **Bottoms by Jake** Is your derriere less than spare? Get in great shape for summer with toning tips from Jake Steinfeld, fitness guru to the stars.



EATING OUT
PAGE 146



GET IN THE SWIM
PAGE 13

132 • **Sizzle! Cindy Crawford in the hot look of summer** The heat is on! America's top model shows off the elements o style for the sultry season. *By Lois Joy Johnson*

138 • **Suits you!** No body's perfect, but the right swimsuit can make yours lool as though it is. So turn to our annual roundup of figure-flattering winners, and slip int something beachy-keen.

HOME

76 • **Bringing up baby: a child's room that grows** Want a room with a view o the future? We'll show you a nursery that transforms into a playful kid's space and teen's dream retreat. *By Linda Fears*

114 • **Does your house have sales appeal?** Wondering what your house i worth? Our mini-appraisal puts your home to the test. *By Lauren Payne*

FOOD

145 • **Food journal** What's cooking in June.

146 • **Perfect summer parties** Gather the gang! We've got three quick and deli cious menu plans just right for relaxed outdoor entertaining. *By Jan T. Hazard*

168 • **How safe is our food?** The Tufts University School of Nutrition tells how t protect yourself and your family from the hidden dangers in our food.

174 • **Easy as 1-2-3**

176 • **Inside the Journal kitchen/Recipe index**

REGULAR FEATURES

8 • **Editor's journal**

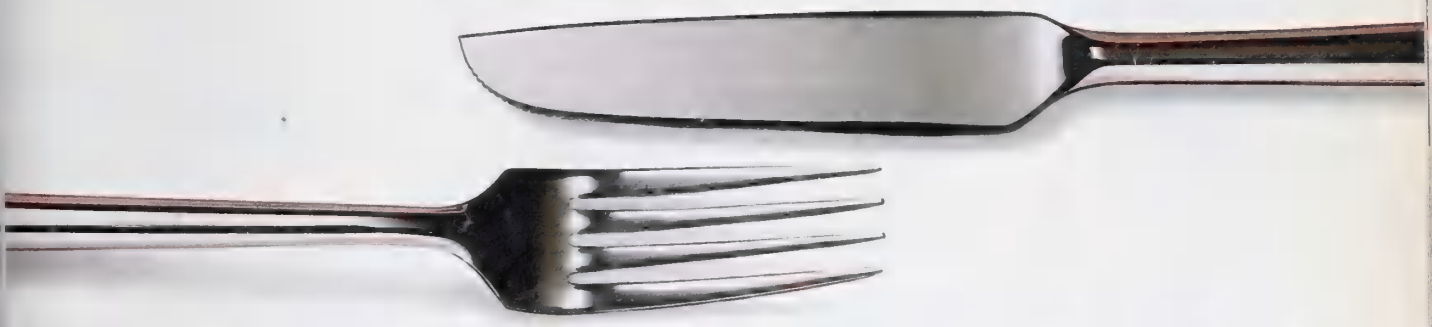
12 • **Can this marriage be saved?** "He's always out with the guys" *By Margery D. Rosen*

165 • **Readers' journal** Your letters to us

192 • **Last laughs**

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EDITOR'S JOURNAL



WE'RE HOT!

By Myrna Blyth







Field of dreams: Celebrity fathers and their families turned out for our charity softball game. Doug Barr of *Designing Women* brought his son, Wilson. Josh Taylor of *The Hogan Family* knocked one out of the park

EACH YEAR, *ADWEEK,* WHICH IS a leading media-industry publication, picks the ten hottest magazines of the year. The magazines are chosen because of the quality of editorial content, the strength of their circulation and the growth in their advertising. Well, I'm obviously very pleased to tell you that *Ladies' Home Journal* was chosen one of the hottest magazines this year, cited especially for the strength of our editorial. *LHJ* was the only major women's service magazine on the list. In fact, it's the only women's service magazine ever to be in this very special company. I'm happy that *LHJ* has had such a great year, but I know our success depends on our very special readers. So thank *you.*

HAPPY FATHER'S DAY

Thought you'd like to know that in honor of Father's Day, *LHJ* organized a charity softball game at Hjelte Sports Center, in Encino, California, with the magazine donating $1,000 to the Starlight Foundation, which grants wishes to terminally ill children, and $1,000 to the Earth Communications Office, a group working to disseminate information on the environment through the entertainment industry. Entertainment Editor Jill Rachlin took part in the game. On the teams were Josh Taylor of *The Hogan Family,* Doug Barr of *Designing Women,* Clifton Davis of *Amen,* Bill Smitrovich of *Life Goes On,* Eddie Velez of *True Blue,* Adrian Zmed, formerly of *T.J. Hooker,* and comedian Tom Dreesen.

Jill says a good time was had by all—especially the kids. Why not organize a neighborhood fund-raiser, baseball game and picnic for Father's Day in your town? It might be a great way to celebrate this special occasion.

READER CALL-IN DAY This month it's Wednesday, May 30, from one to four P.M. Eastern time. Remember, the call's on you. At the phones: Health Editor Nelly Edmondson Gupta and a rare-disease specialist, 212-351-3680; Associate Food Editor Susan Sarao, 212-351-3681; Associate Beauty and Fashion Editor Susan Parkes, 212-351-3682; Decorating Editor Lauren Payne, 212-351-3683; Text Editor Nina Keilin to answer general questions, 212-351-3684. Call and tell us what you're thinking.

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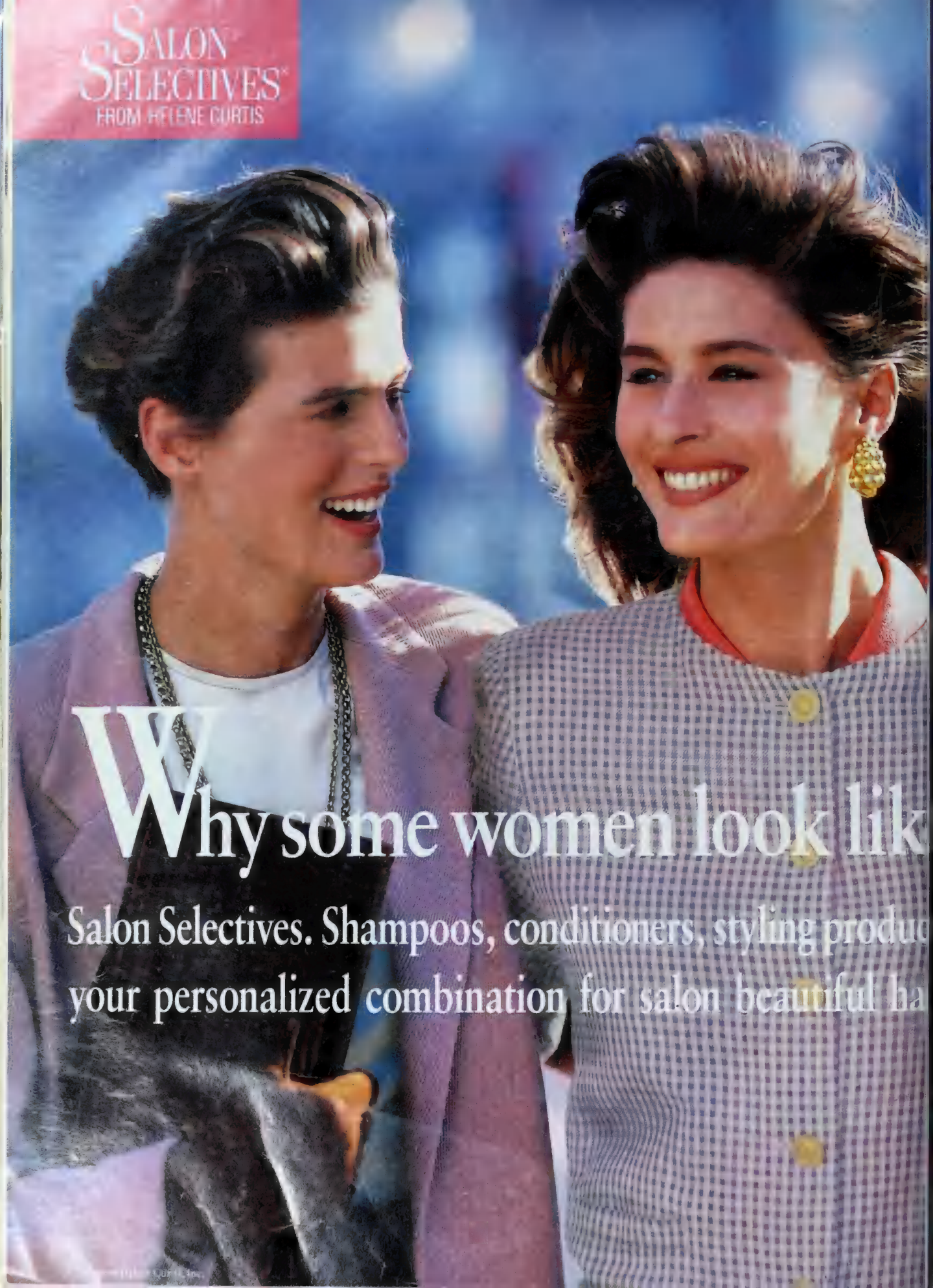
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CAN THIS MARRIAGE BE SAVED?



Elena had moved far from her family to be with Mike. But now he seemed interested only in his sports and his friends. By Margery D. Rosen

"HE'S ALWAYS OUT WITH THE GUYS"

ELENA'S TURN "Here I am, almost two months pregnant, but I'm so depressed and so scared, I don't know what to do," said Elena, twenty-four, a tall, slim brunet whose eyes flooded with tears as she spoke. "I don't know if we'll make it to our third anniversary.

"I think our problems started when we moved to New York two years ago. I never in a million years wanted to live here. My whole family is in Florida, and I'm very close to them. I was the baby of the family, a good ten years younger than my two brothers, and the light of my mother's life.

"My parents were political refugees from Castro's Cuba. My father, who's fifteen years older than my mother, was very strict, raised in the old ways. He was a highly respected doctor in Cuba, but in this country he had to work as an X-ray technician. My mother's family were aristocrats, but here she was a domestic.

"Mike comes from a very affluent family, and he's still pretty loose with his money. Not me. We were poor, but I was always babysitting or working at the local fast-food joint. Still, it was a happy life, and I knew I was loved very much.

"When I was about twelve, though, this idyllic relationship began to change. I was becoming a teenager, and like all kids, I began questioning what my parents said and did. Whenever I tried to be independent, Father would cut me off. He'd yell first, but worse, he'd shut off his love.

"I met Mike through Darci, my best friend in college—we attended the state university in town. For months she'd been telling me about this terrific, handsome, funny guy she wanted to fix me up with. One afternoon, when I was studying in the library, Darci walked in with Mike and introduced us. He was a junior, studying business administration, and it was love at first sight.

"We were so happy in Florida. We both loved the lifestyle, the warm weather and beaches, the easy pace. I had a great job teaching preschool—I never finished college, by the way. I needed money, so I started working and took evening classes. After Mike graduated, *(continued on page 16)*

Introduced thirty-seven years ago, CAN THIS MARRIAGE BE SAVED? is the most popular, most enduring women's magazine feature in the world. This month's case is based on interviews and information from the files of Evelyn Moschetta, D.S.W., and Paul Moschetta, D.S.W., a husband-and-wife counseling team based in New York City and Bay Shore, New York. The story told here is true, though names and other details have been changed. CAN THIS MARRIAGE BE SAVED? is a registered trademark of Meredith Corporation.

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CAN THIS MARRIAGE BE SAVED?

(continued from page 12)
we got married and I never went back.

"We found an apartment near the beach, Mike got a job managing a small hotel, and I continued teaching. I was so happy—until the day he told me about his father's decision to retire and leave the family leather-goods business to Mike.

"Mike was the oldest son, and apparently it had always been assumed that he and a cousin would inherit the business. Well, this was news to me, though Mike insists he told me. Yet, when he asked for permission to marry me, he promised my mother he'd never take me away!

"Mike kept trying to convince me that this was a terrific opportunity for us, that we'd have lots of money. He raved about all the wonderful things there are to do in New York and how all his great friends from high school were still there.

"You know, there really was no discussion about this. Just before our first anniversary, Mike flew to New York, and I stayed in Florida. In fact, I didn't move up here until the following March. He'd come down for weekends, or I'd go up there. It was horrible, but I just wasn't ready to move.

"Finally, I said to myself, Elena, you married this man for better or worse. Reluctantly, I moved up.

"But this past year has been even worse than I predicted. We live in a tiny studio apartment, and since I have no job and no friends, I spend most of my time in this one room.

"Mike has no time for me. He walks in the door at seven and immediately turns on the TV. Mike is a sports fanatic. Before we set our wedding date, he had to make sure there wasn't a game on that weekend. He watches TV constantly, and God forbid I try to talk to him when a game is on.

"Mike doesn't include me in his social plans. Ballet? Theater? Forget it. In fact, we never do any of the things we used to do together.

"Mike has this group of friends he's known his whole life. I tried to tag along to their parties—otherwise I'd never see Mike—but I just don't fit in with them. They all have a lot of money—they're stockbrokers or something—and many of them are still single. It's a real party crowd, and I don't have much in common with their girlfriends or wives. I know they must think I'm dull. I started making excuses not to go rather than be with people who put me down.

"Mike doesn't even stand up for me with his family. I get along fine with his father and stepmother, but his mother is terrible. She always makes snide remarks about me. The first year we were married, she gave Mike a photo album of his life. There wasn't one single picture of me, but there were plenty of photographs of Mike's ex-girlfriend, whom his mother adored.

"I guess everything just started to build up. I'm tired of waiting on this man hand and foot—Mike will never even take out the garbage, put the dishes away or make the bed unless I ask him to. I try to say, 'Look, Mike, such-and-such is really bothering me,' but he doesn't listen. He yells, puts me down and gives me one argument after another. I just clam up.

"The other night, we were at the track with his friends and I just lost it. Mike was getting loud, and I screamed, 'Shut up,' right in front of everyone. There was this stunned silence. I know that embarrassed him to death, but I couldn't take it another second.

"Mike threw his empty beer can at me and shouted back, 'I can't take this anymore. I want a divorce,' and stormed off. He took a cab home.

"And now I'm pregnant. I want this baby more than anything, but how can we even think about being good parents when our marriage is a mess?"

MIKE'S TURN "Well, somebody in this relationship needs help, but it's not me," said Mike, twenty-six, a tall, athletically built man who couldn't sit still during most of our first session.

"First of all, I most certainly did tell Elena I would someday take over Dad's business. She may say I never told her, but she is choosing to forget. What does she expect? I'm the oldest son. This business has been in my family for five generations. I should tell my father, 'Forget it, my wife wants to stay in Florida'?

"Besides, look at the financial security here. My folks' marriage broke up over lack of money at one point when business was going badly, and I didn't want that to happen to us.

"I had a very carefree childhood. I was the favorite, and I loved being in the limelight. I was a pretty good student, pretty athletic, too, and I always had lots of friends.

"My parents got divorced when I was a freshman in college, and the split really messed up my mother. Can't Elena see my mother's a lonely, mixed-up lady? That photo album business is a perfect example of how Elena blows everything out of proportion. I haven't seen my old girlfriend in ten years.

"These past two years haven't been a picnic for me either, you know. I'm responsible for keeping this business going; my father spent a lot of money to send me to college. There's so much pressure on me that when I come home, I want to tune everything out. I wasn't any different in Florida, by the way. I've always been a sports nut; I've always relaxed by watching TV. But now Elena's looking for all these bad things I do to her. You tell me why she picks a Sunday afternoon when a game is on to talk about furniture.

"I have tried to make her happy. I know it wasn't easy for her to move. But I've told her, 'Anytime you want to visit your mother, you have wings. Fly down. Or call whenever you want.'

"Take this business about my friends. Those guys have loved her from day one and have always treated her fine. But, like I said, Elena takes everything personally. If I go to a ball game, she thinks my friends are stealing me from her. No one puts her down, either. That's her insecurity again. *(continued)*

"Here I am, almost two months pregnant, but I'm so depressed and scared, I don't know what to do," said Elena.

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NOTE: A photograph of your perm may be required after our evaluation of your written dissatisfaction. **Revlon reserves the option of selecting a salon in your area to provide the perm service or, if we are unable to secure a salon, Revlon will provide an equivalent retail dollar value in free Revlon merchandise of its choice.** Only one Guarantee per person, per household, family or address. Offer good only in U.S.A. and is not transferrable. Offer expires 12/31/90 and letters postmarked after that date will not be honored. Please allow 6-8 weeks for processing.

(LHJ)

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CAN THIS MARRIAGE BE SAVED?

(continued) "I'm tired of hearing about how awful things are for her. I try to set up getaway weekends, but either she doesn't like the people we're going with, or she doesn't want to drive two hours to get there.

"She's not giving New York a chance. I'll say, 'Let's go to a Knicks game, feel the electricity when nineteen thousand people are screaming at the top of their lungs.' But she always says no.

"Elena has changed so much. I fell in love with a sweet, sexy lady, but now all she does is scream and bitch. She's got a temper you wouldn't believe. 'Take out the garbage, wash the dishes,' she orders. Is that any way to treat a person?

"Elena is a neatness nut. So what if the bed isn't made? Who's going to see? We're just going to sleep in it tonight, so what's the big deal?

"Worse than the bitching, though, are her silent treatments—three, maybe four days in a row. I can't stand that; I'm an up-front kind of guy. But Elena just refuses to talk.

"Elena takes everything personally," said Mike. "If I go to a ball game, she thinks my friends are stealing me from her."

"Last week was the final straw. I was having such a good time that night at the track. If I was getting too loud, she could've said, 'Mike, mellow out.' But instead she screams like a banshee in front of all my friends.

"I'm here today because I'm a team player. But in my mind, the problem is ninety percent Elena's."

THE COUNSELORS' TURN "The first two years of a marriage are as critical to future development as the first two years of a baby's life," said the counselors. "Too many couples ignore early problems until it's too late. Fortunately, Elena and Mike didn't.

"However, when we first met them, we weren't sure they'd be able to work through their problems. Mike seemed particularly unwilling to change. Incredibly selfish, convinced their problems were due solely to Elena's inability to adjust to life in New York, he spent the first few sessions boasting about what a good husband he was. Yet we saw it as a positive sign that he had at least come to therapy. Another positive sign was the fact that both Elena and Mike grew up in a traditional family structure and had similar expectations for their marriage and future.

"The youngest of three children, Elena was overprotected, and she absorbed the message early on that if she was a good little girl she would please Daddy and Mommy even more. She was also raised to believe that the husband and his needs are paramount. Though Mike's parents divorced when he was eighteen, we suspect the marriage had been unhappy all along, so he never witnessed a healthy relationship in which a couple thought about each other's needs.

"Mike grew up believing that he had to follow in the footsteps of his dynamic father. He was indeed quite young to be shouldering such enormous responsibility, and deep down, he was very concerned he couldn't measure up. To hide his insecurities, he put on a loud and boastful front. After a hard day at work, he came home and anesthetized himself in front of the TV.

"Our first goal in therapy was to help Elena realize she had every right to expect her husband to be there for her. We told her: You can love a man and even pamper him if you want, but not at the risk of losing your own identity. Because she felt out of line speaking up, Elena would nag Mike to clean up the dishes or make the bed, purposely interrupt his sacred football games just to get his attention, or sulk silently for days, only to explode later. We told her that she had to verbalize her feelings instead and tell him exactly how she really felt when she felt it.

"Legitimizing her needs was an important step for Elena. To further bolster her self-esteem, we suggested some practical steps—something many couples in the throes of controversy fail to see. First, we encouraged her to complete her degree and get a teacher's license. Second, since they had the money, we urged them to look for a larger apartment so they would each have privacy and Elena would not feel so trapped.

"As the sessions continued, Mike was able to see how much counseling was helping Elena and also that much of what she was saying was indeed true. In time, he also began to open up.

"At this point we asked Mike: 'Are you going to be one of those very successful businessmen who make a lot of money but whose family life is in shambles? Or will you direct some of your energy toward forging strong bonds with your wife and child?'

"Mike rose to the challenge and began to make some real changes. He demanded that his mother treat Elena with respect. He no longer flips on the TV the second he walks in the door. Instead, he helps Elena with dinner, they talk over their day, and maybe he'll watch TV later. While Sundays are still reserved for Mike and his sporting events, on Saturday they do whatever Elena chooses—window-shopping, going to the theater. If he wants to go away for the weekend, they plan a trip for two instead of for the whole crowd.

"In time, Elena did adjust to life in New York. She met many new people through her classes and now feels less dependent on Mike. We pointed out that Mike had told her to call or visit her family whenever she wanted to. He said it and he meant it.

"We also told her that she should believe her husband when he says his friends really do like her. Elena and Mike still see his old party crowd from time to time, but they've been making new friends as a couple.

"Since Elena feels better about herself, she has stopped nagging Mike so much. 'To be honest, there are some things I've learned to live with,' she said, 'or I've learned to work around them. If I want to tell him something, I check to see if he's watching the weather report or the final quarter of a big game. If it's the weather report, then I talk!' she said with a laugh.

"Mike and Elena were in counseling for six months. Last week we received an announcement of the birth of their son, Christopher, with a note from Mike: 'Thanks for helping me get my priorities straight.' "■

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Karen and Tricia Reese pose in their yard. Tricia doesn't remember much about her accident; her mother will never forget it

"MOMMY, PLEASE COME GET ME!"

When my daughter fell into a flooded storm drain, I was told I'd probably never see her alive again. But miracles *do* happen. By Karen Reese

In Houston, heavy rains any time of year usually mean flooding. We take floods so much for granted that people often play in the waters after the rain stops; I did it myself as a child. It seemed so harmless, I thought nothing of letting my daughter and niece go out after a major storm last summer. It was the worst mistake of my life.

We had almost begun to believe the rain would never stop. Tropical storm Allison had kept the city under flood warnings for three days; then, on June 26, the storm deluged us with 10.34 inches of rain.

Throughout the storm, I'd kept my girls—my daughters, Tricia, seven, and Kendra, two, and my eight-year-old niece, Krystal, who lives with me—busy playing games and making crafts. But I was running out of ideas, and we were all suffering from cabin fever.

When the sun finally broke through the clouds around four that afternoon, it seemed like a divine reprieve. Tricia and Krystal immediately wanted to go out, but I insisted on waiting until the water had receded.

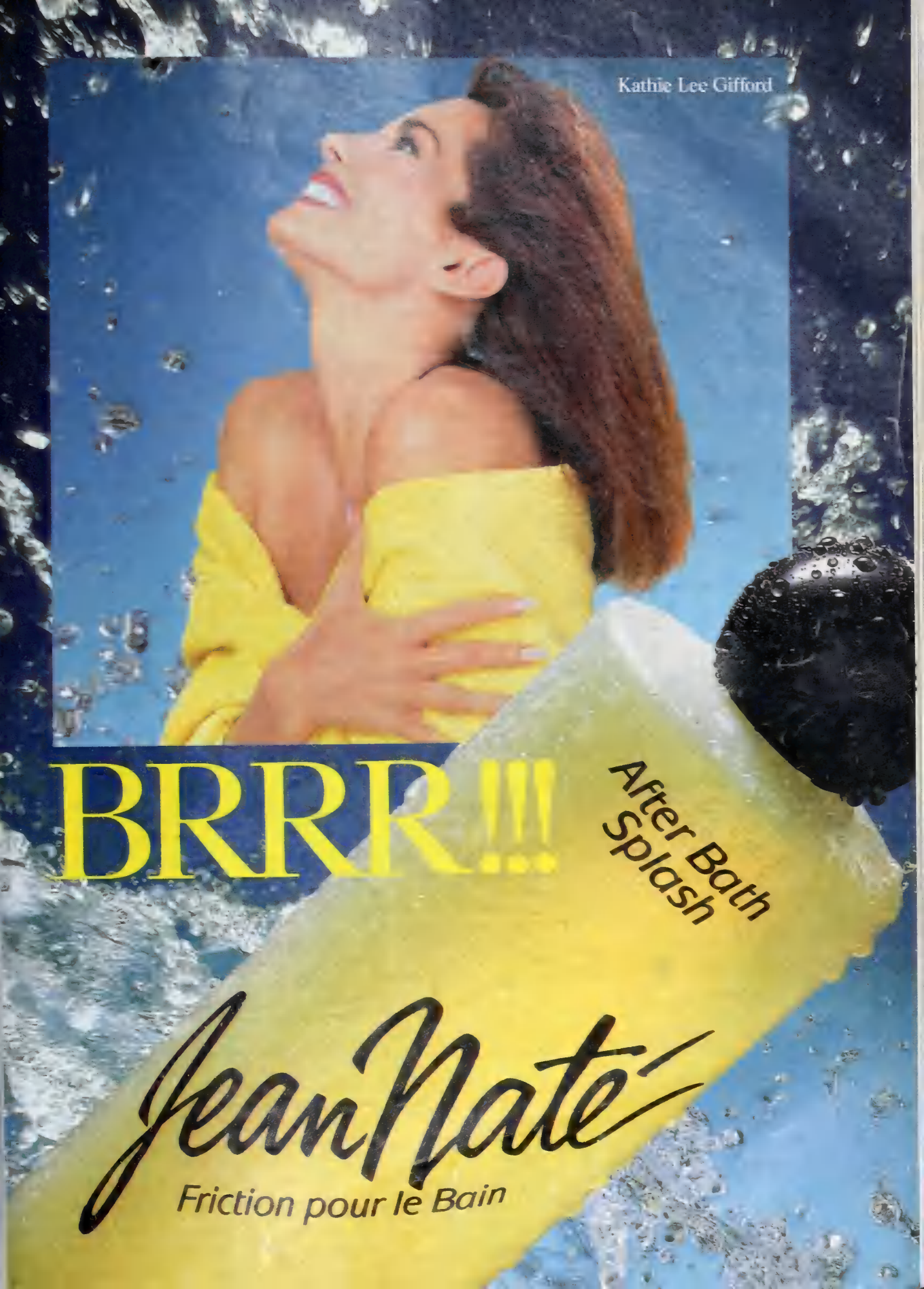
At six, I saw that the water level had gone down a bit and that our neighbors were already out. It looked like everyone was having fun, and I thought it would be safe to let the girls go out, as long as they didn't go near the street.

While I checked on Kendra, who was sleeping, the girls cheered and put on their bathing suits. Tricia looked so cute—her two front teeth had fallen out a month earlier, leaving a gap when she smiled.

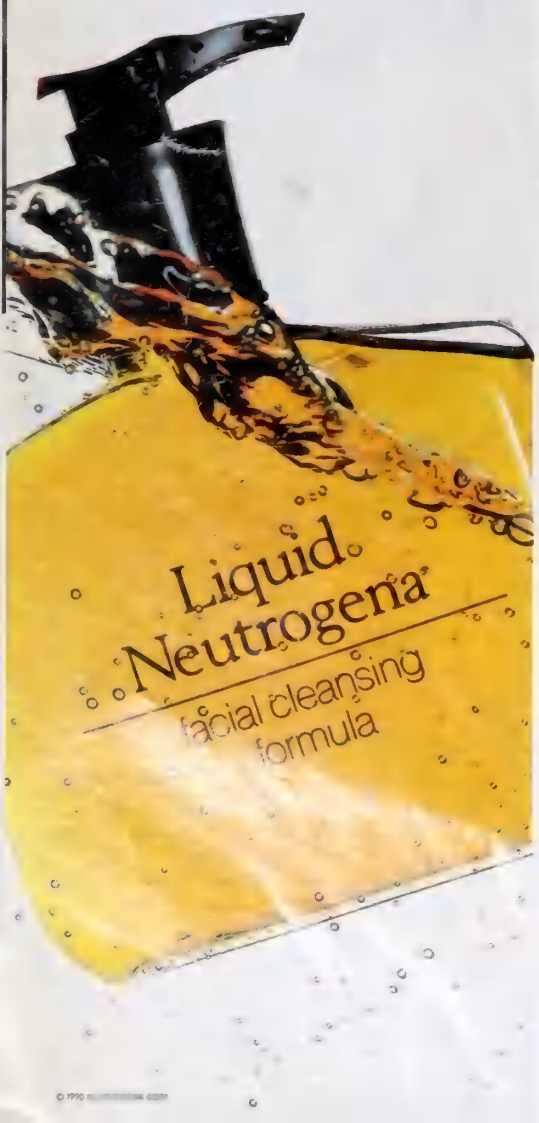
I watched Tricia and Krystal as they played, splashing around in the ankle-deep water. About thirty minutes later, I realized I hadn't started dinner. There were plenty of neighbors around, so I decided it would be all right if I went inside for a few minutes. "Stay close to the house, where I can see you through the window," I ordered the girls as I left.

I had been in the kitchen only a short while *(continued)*

Terry Vine


Kathie Lee Gifford
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when Krystal ran in through the back door. "You're getting the floor all wet," I scolded. "I'm not," she replied defiantly, but there was a quiver in her voice. "Where's Tricia?" I asked. "I can't find her," Krystal cried. "Is she hiding?" I asked, and my heart skipped a beat when she answered, "No, I just can't find her."

Just as I rushed outside, a neighbor came running toward me, screaming, "Karen, Tricia fell into the drainage ditch! She was sucked into the sewer pipe. I couldn't get to her in time to help." Krystal then said, sobbing, "I tried to pull her out—she was holding my leg—but I slipped and she fell in."

I ran over, looked at the waist-deep water rushing into the twenty-four-inch-wide pipe and was filled with horror. Tricia had taken swimming lessons, but she wasn't strong enough to make it against that current.

My first panicked thought was to try to get to her. I saw a gutter grate a few feet down from the drainage pipe and tried to lift it. It wouldn't budge. Grabbing Krystal's hand, I ran into the house to call for help.

The rescue workers arrived minutes later, and a fireman used a crowbar to pry the grate open. The sewer pipes were filled with water, but there was no sign of Tricia. The workers then probed the drainpipe with a long rod; that, too, was futile. One rescuer assured me, "Don't worry. We're calling in the diving team." But when the divers arrived, they looked at the swift waters and told me the pipes were too dangerous to enter.

I was angry and frantic. "Aren't you going to do anything?" I demanded. The rescue team used several methods to try to block off the pipe and stop the water, including laying tarpaulins over the culvert. Nothing worked. They debated some more about the safety of entering the drain, and I returned to the house. I couldn't bear to watch them sitting there while my little girl, cold and frightened, could be calling for me from the sewer.

My family, who lives nearby, gathered to do whatever they could. My sister April and a friend hurried with the rescue workers a quarter-mile downstream to Sims Bayou, where the storm drain emptied, while my mother watched Krystal and Kendra. But I was inconsolable. My husband and I had separated six months earlier, and despite my family's support, I had never felt more alone.

I picked up a picture of Tricia and began whispering an apology: "It was my fault. I shouldn't have let her go out." Suddenly I realized that Kry was crying with me. "It was *my* fau should have held her," she wept. getting my own pain for the mome held my little niece tightly, say "It's nobody's fault, baby."

As night approached, the re teams were still trying to figure o way to search for Tricia. I asked a lice officer, "Are they going to her?" He replied, "There are mirac

But by nine forty-five, my hope miracle began to fade. No one found her in the bayou, and a d told me, "There's only a small ch she's survived. We can't do any n tonight, but we'll be back as soo it's light out." As I walked back to house, I overheard him telling a fr of mine, "It might be best to get h pastor. She'll need one." I was da My daughter had disappeared, now this stranger was pronoun her dead.

April scolded me for losing hope all I could do was cry and prepare self for what seemed inevitable. I s fitfully. Every time I closed my e Tricia was there, calling for me.

At six-fifteen, I put on a pot of c and waited for daylight. When it ca I felt more optimistic. I woke April asked her to come to the bayou me. But after more than an hour found nothing.

After we returned home, people gan to gather around the house, h asked them to go away. I needed t alone. I called the diving team's h quarters to confirm that they wer their way, then asked a friend and fifteen-year-old nephew, DeVin Phillips, to go out and wait for the

I had no idea that my request to nephew would save Tricia's life. W DeVincent was watching for divers' vehicles, he saw two sewe habilitation workers inspecting c age to a sanitary sewer two bl from our house. "Are you looking my cousin?" he asked them. W they said they weren't, he beg "Please help us!"

They all hurried to the drain and traced the line to the manhole the street. The water had dra away by then, so the foreman, Tim Gabrysch, was able to enter the nearest the pipe Tricia had through. He scanned the pipes wi flashlight, while his partner down a manhole farther away. Wi minutes DeVincent heard Tim cal "Hey, little girl!" He had found T crouched within a thirty-six-inch about fifty feet from the opening o drain into which she had disappea

DeVincent ran into the house, yel "Karen, come here!" Expecting the w I rushed out *(continued on page*

Refreshing news for a smooth, healthy face

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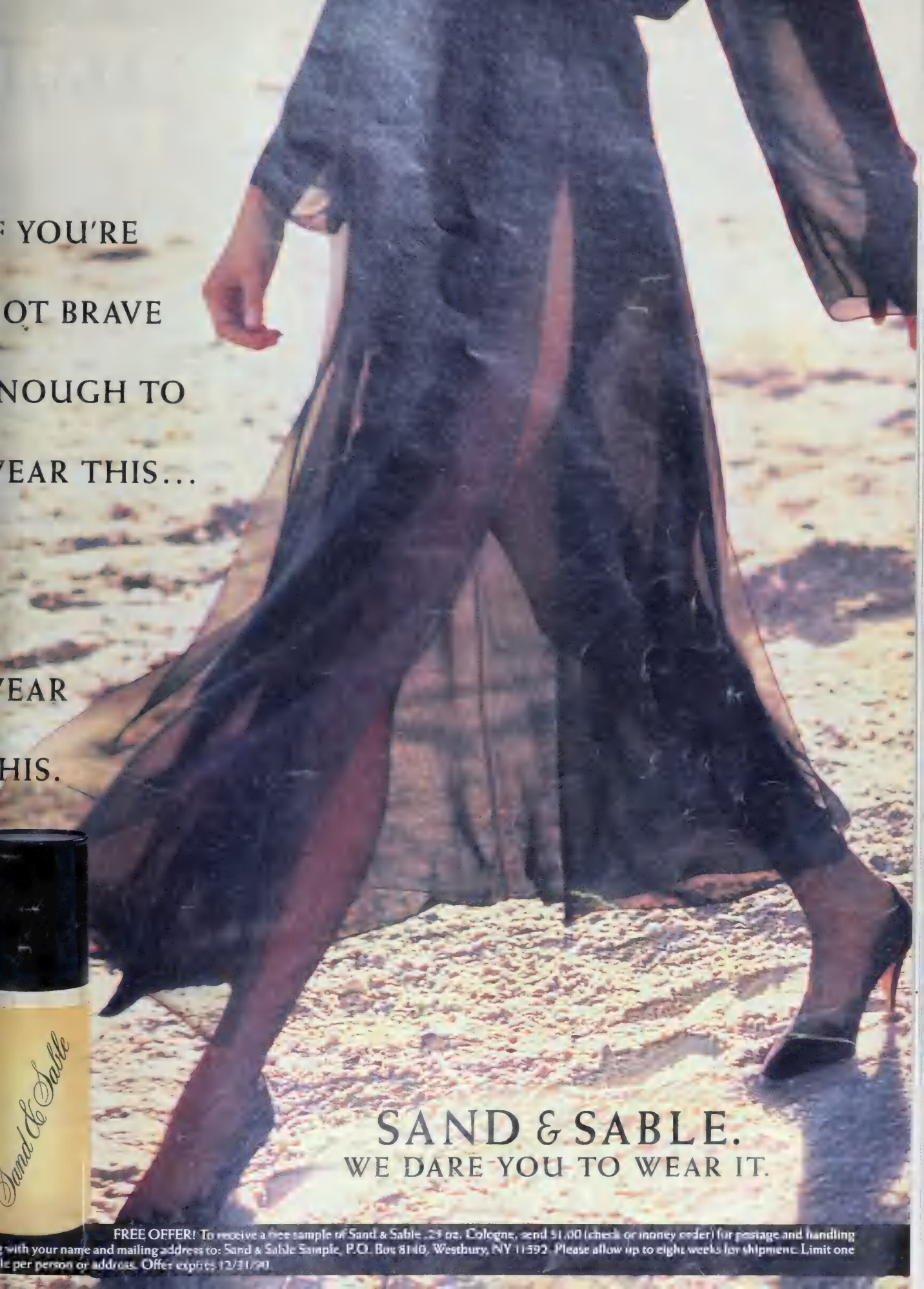
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Explorer looks right at home on city streets. And, like all good design, its form and function are well-integrated. The limousine-style doors are good for entrances and exits, *and*, like the windshield, hidden drip-rail system and bumpers, they improve air-fl management.

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Photos, Nesti Mendoza. Hair, Tony McAulay; makeup, Rex. Details, page 162. All leg waxing and pedicures done at Eia Salon Skincare Salon, NYC.



BEAUTY & FASHION JOURNAL

Top prizewinners share their secrets for great looks, great legs

L'EGGS/LHJ BEST ON-THE-GO LEGS

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TERI SKANDALIS

This twenty-eight-year-old from Dewitt, New York, just can't stand still! Teri's a nurse who works grueling twelve-hour shifts. In her spare time she gets a kick out of renovating her house. Teri said she'd never thought twice about her legs—but won't take them for granted ever again! Clothing, Ralph Lauren. L'eggs Sheer Energy® Pantyhose in Nude.

NINA DENICHOLAS

Nina, thirty-six, from Youngstown, Ohio, is another nonstop nurse who has shapely legs—she exercises during the day by climbing the fifty flights of stairs at the hospital! Tank, Anne Klein; jacket and sarong, Mary Ann Restivo; L'eggs Sheer Energy® Pantyhose in Off White.



Tips for look-twice legs

WE ASKED THE EXPERTS FROM TOP MODELING AGENCIES WHAT MAKES A GREAT PAIR OF LEGS

■ According to Bill Ford, of Ford Models, proportion is most important. Models have long calves, slender ankles and well-shaped knees. Their legs are sleek and tapered like a designer's sketch—the hips are always the widest part of the legs.

■ How to tell if your legs make the grade? Take the diamond test: Stand straight in front of a mirror and press your legs together. Legs should create three diamond shapes—one between thighs, one between the knees and calves, and a third between the calves and ankles.

■ If your legs need a leg up in the shape department, we've got good news: Firm, well-toned legs are a goal that most women can easily achieve by recontouring the muscles with exercise. Calves will shape up the fastest (in four to eight weeks) if you work out regularly, but it'll take twice as long to notice improvement in the thighs. What are the best leg shapers? Cycling, stair climbing, running and fast walking.

TURN TO PAGE 102.

SANDRA OUTLAW

While working as a customer service rep for a bank, Sandra, thirty-three, from Enterprise, Alabama, was approached by a man who told her she had better legs than his sister, a leg model! He convinced Sandra to enter *LHJ*'s contest—and his encouragement surely paid off. Sandra stays super-fit by working out with weights. Blouse, Donna Karan; jacket and sarong, Anne Klein; L'eggs Sheer Energy® Pantyhose in Nude.

NIKI COLLINS

Twenty-five-year-old Niki, from Bandera, Texas, has always been told she has fabulous legs. No wonder—she's been dancing up a storm for over fourteen years! "Whether I'm doing ballet, jazz or the two-step, dance keeps me in great shape both physically and mentally," says Niki. She exercises in the A.M. for an energy boost that lasts all day. All clothing, Anne Klein. L'eggs Sheer Energy® Pantyhose in Off Black.

MILCA MELANO

Twenty-nine-year-old Milca, a flight attendant from Tempe, Arizona, has first-class legs! Milca admits she entered the contest purely to win the year's supply of Sheer Energy® hose. "I need the support to keep on my toes twenty-four hours a day," she says. When her gams are about to give out, she soaks her tootsies in a tub of icy water. Tank and skirt, Donna Karan. L'eggs Sheer Energy® Pantyhose in Mushroom.

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BEAUTY & FASHION JOURNAL



Photos, David Zanes. Hair, Stephane Lempire; makeup, Rex.

OIL OF OLAY/LHJ I-LOOK-GREAT-FOR-MY-AGE CONTEST

THESE FIVE WOMEN HAVE PLENTY TO SMILE ABOUT! PEOPLE ARE ALWAYS ASKING THEM FOR THEIR SUPER-SKIN SECRETS. THERE ARE NO TRICKS—TAKING CARE OF THEIR COMPLEXION HAS ALWAYS BEEN A NUMBER-ONE PRIORITY. FIND OUT WHAT KEEPS THEM LOOKING AND FEELING SO YOUNG



MARLENE GOULD

"I've loved the *Journal* for thirty-nine years—but I never thought I'd be in the magazine!" exclaimed grand-prize winner Marlene, fifty-seven. This Louisville, Kentucky, native knows that the eyes and neck can instantly give away a woman's age, so she pays special attention to these areas when she moisturizes her face. Marlene has also discovered that moisturizer penetrates best when skin is wet, so after cleansing she splashes her face with warm water twenty to thirty times! Marlene won a walk-on part on a CBS soap opera and $5,000. Bravo! Jacket, Donna Karan; earrings, Les Bernard.


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BEAUTY & FASHION JOURNAL



ELIZABETH GERHEISER

This fifty-five-year-old from Annapolis, Maryland, believes that a strict daily skin-care regimen is the key to her radiant complexion. Elizabeth gently exfoliates with natural sponges. She avoids the sun most of the time—though she does sneak out a few times a year for a half hour of rays! Clothing, Anne Klein II; jewelry, Erwin Pearl.



LINNEA OLSON

When thirty-eight-year-old Linnea saw this contest in the *Journal*, she thought, Well, people always tell me I look great for my age; let's see if I really do. She sure does! Linnea, who works as a waitress in Minneapolis, has two best bets for beautiful skin—regular aerobic exercise and taking time out for lots of naps. Jacket, Philippe Adec; shirt, Equipment; earrings, Erwin Pearl.



JERRI THOMAS

A part-time skin-care consultant in Fort Worth, Texas, forty-three-year-old Jerri knows how to achieve complexion perfection: She deep-cleanses once a week with a masque. Jerri entered the contest after someone mistook her for her husband's daughter! Jacket, Anne Klein II; blouse, Georges Marcasiano; earrings, Les Bernard.



SANDRA CUNNINGHAM

This San Franciscan loves outdoor activities—but she's always careful to shield her skin. Sandra gives herself twice-weekly facials because they're so calming; she feels relaxation is vital to young-looking skin. Her diligence has paid off—at forty-eight, she looks great! Jacket, Studio Ferre; scarf, John Jacobus; earrings, DKNY for Fragments.

Photos, David Zanes.

Make-up That Can Face Anything

New Active Wear™ Make-up

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A perspiration-proof

formula that won't streak.

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BOTTOMS BY JAKE

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Consult your physician before beginning this or any exercise program.

Begin with feet shoulder-width apart, knees slightly bent. With both hands, grasp a broomstick slightly below shoulder level with arms flexed, about a foot away from your body. (The broomstick is for extra balance. If you don't need it, simply place hands on hips.) Tighten stomach muscles and look straight ahead. Lower your body nearly halfway down; then, as you come up, squeeze buttocks in (don't lock knees). Repeat slowly ten to fifteen times.



the semi squat

Photos, Nesti Mendoza. Hair and makeup, Tony McAulay. Model, Melanie Kremser of Click. Details, page 162.



How can such a nice dress be so irritating?

If your kids get irritated just getting dressed up, maybe they have sensitive skin and their clothes are trying to tell them something.

That's why there's new Cheerfree.

It's free of dyes.

It's free of perfumes.

And it's free of their irritating residues.

Cheerfree is dermatologist-tested, yet it has the cleaning power to take on your tough laundry.

So if your daughter feels pretty bad in pink, don't change her clothes.

Change your detergent.



The detergent you've been itching for.

From same starting position (feet can be slightly more than shoulder-width apart), place broomstick behind neck and grasp both ends. Step forward onto left leg, simultaneously raising right heel. Bring left leg back to starting position and repeat movement with right leg. Keeping back straight, alternate legs slowly ten to fifteen times.



the lunge



the lunge with weights

In same starting position, grasp a three-pound weight in each hand. Holding weights at shoulder level, step forward with left foot, simultaneously raising right heel. Bring left foot back to starting position and repeat movement with right foot. Alternate legs slowly ten to fifteen times, keeping stomach muscles taut and back straight throughout the exercise.

The answer is one and the same.

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So get the sun protection that moisturizes.



the lunge with a twist

In same starting position, feet slightly more than shoulder-width apart, hold stick in front of you at chest level. Lunge to the right by twisting to the right and punching stick out with left arm. Right knee bends to the right; left leg stays put. Return to starting position and repeat movement on left side. Alternate sides ten to fifteen times.





the lower lunge

In same starting position, grasp stick and hold in front of you at mid-thigh level. Bend left knee and punch right fist down toward left foot. Return to starting position and repeat on opposite side. Keep back flat and alternate sides ten to fifteen times. (Bonus: This also firms inner and outer thighs.)



and which is the moisturizer?



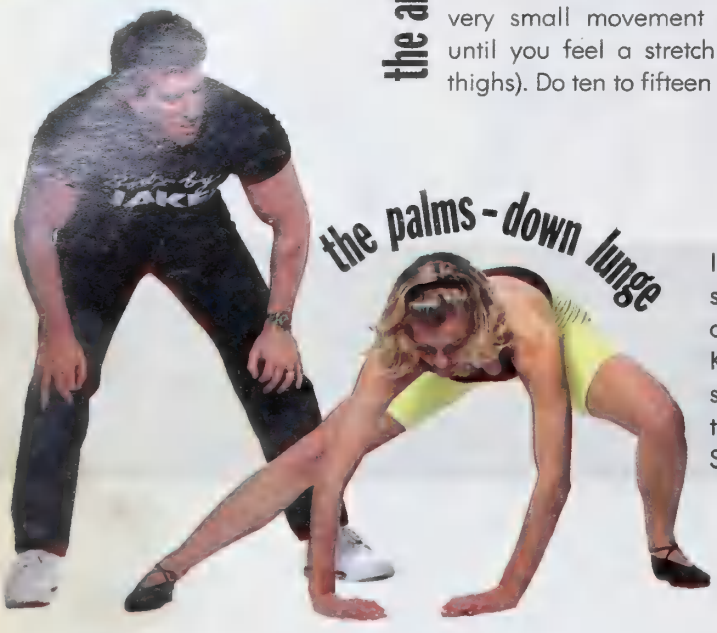
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the ankle squat

In same starting position, with feet slightly more than shoulder-width apart, grasp ankles from behind legs (be careful not to strain knees). Lower your body down and up in a very small movement (bend just until you feel a stretch on top of thighs). Do ten to fifteen times.





the palms-down lunge

In same starting position, feet slightly more than shoulder-width apart, bend at waist and place palms on the floor (or go down only as far as is comfortable). Keeping back flat and elbows bent, lunge side to side—bending left knee and leaning toward the left, then swaying to the right side, bending right knee. Sway side to side ten to fifteen times.

Start on all fours—palms and knees on the floor. Extend left leg back, toes on floor, keeping right knee bent in, back flat, head down. Bring left leg in and extend right leg out—alternate legs back and forth (without bouncing) ten to fifteen times for each leg.



the run



the buddy leg lift

(Do this exercise and the following one with a friend.) Sit on the floor with your back straight, body tight and legs extended in front of you. Lift right leg and flex foot. Have a partner gently press your leg down as you lift it six inches. Lift leg up and down ten to fifteen times without touching the floor while your partner provides light resistance. Switch legs and repeat.



the buddy leg press

Sit on the floor and lean back a bit on the palms of your hands. Bend legs up to shoulder level, and flex feet. Have your partner put his hands on the soles of your feet. Slowly push legs out and in, ten to fifteen times, as your partner provides light resistance. ■

LINDA EVANS ON

SHARING Confidences

I guess it's just part of being female. Laughing together. Learning from each other. So when my friends ask, I say "Of course, I use Ultress." My Ultress blonde makes me feel a shade more confident, more beautiful, more "me." But what you want is the best shade of you. Ultress has it. Glossy brunettes, rich auburns, champagne blondes. Look, the gel makes it neat. Getting twice the conditioner's nice. But it's the color that makes Ultress® special. I know. Take it as a shared confidence!





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WHAT'S HOT

MUSIC'S LEGENDARY LADIES

They've had nearly three decades of hits—and a couple of misses. Now, these sensational sixties singers are coming back stronger than ever



CARLY SIMON BACK IN THE GROOVE

By Dean Lamanna

CASUALLY DRESSED IN A GRAY-BLUE SWEATER, A BLACK PULLOVER AND matching miniskirt, Carly Simon looks far too young and well toned to have produced two teenagers—not to mention twenty years' worth of hit songs. But she's been making memorable music since 1971, including such instant pop classics as "You're So Vain," "Anticipation" and "Haven't Got Time for the Pain." Last year, "Let the River Run," her vibrant theme song from *Working Girl*, won a Grammy, an Oscar and a Golden Globe. And this month, she's marking her forty-fifth birthday with a new album, *Happy Birthday*; just three months ago she also released a collection of old standards called *My Romance*.

Carly shares a cozy, chintz-and-antiques-filled Manhattan apartment with one of her two children, thirteen-year-old Ben (Sally, sixteen, is attending a Massachusetts boarding school), and her husband of two years, poet and novelist James Hart. She and her kids also share musical tastes, including admiration for the folk music of James Taylor, their father and her first husband. "They're both more into their father's music than they are into mine," says Carly, "but we all like Neil Young and Cat Stevens, who influenced me greatly when I was starting out. It's wonderful, because I don't have to ask them to turn the stereo down."

Even if she *didn't* like her kids' choices in music, Carly admits, she'd probably let them have their way. She says caving in—particularly on eleven P.M. curfews—"is one of my big faults." Not accepting their maturity might be another. "Three years ago, we would cuddle up in the same bed, and I would tell them stories," she recalls. "Now it's just completely changed. We're extremely close, but they have friends of their own."

When Carly's kids began to outgrow her bedtime stories, she was encouraged by an influential friend—Doubleday editor Jacqueline Kennedy Onassis—to turn her tales into children's books. The first, *Amy the Dancing Bear*, was published last year. "I'm very fortunate to be working with Jackie," says Carly, who became acquainted with the reclusive Onassis while both women were vacationing at their homes in Martha's Vineyard, Massachusetts. "She's one of the most interesting and fun people I've ever met."

Interesting people, it seems, have always surrounded Carly, the third of four children born to the late publishing magnate Richard Simon, of Simon & Schuster. Oscar Hammerstein and Richard Rodgers were family friends, and folk singer Pete Seeger was one of her private-school teachers. But such privileged social contacts couldn't replace the attention she craved from her father, who was disabled by heart disease when she was just eleven.

Carly found the support she needed in others, including a favorite uncle who helped introduce her to music by teaching her to play the ukulele. By the early sixties, the song-struck teenager dropped out of college to form a modestly successful folk-singing duo with her sister Lucy. The pair disbanded when Lucy married in 1965, and Carly worked odd jobs for the next five years before landing a contract at Elektra Records. Within months, "That's the Way I Always Heard It Should Be," a cut from her debut album, *Carly Simon*, astounded the music industry by becoming a hit and earning her a Grammy for Best New Artist of 1971. *(continued)*


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WHAT'S HOT

(continued) Newly famous, Carly was expected to do concerts—which brought back painful memories. "I had a terrible stammer as a child," she recalls. "Whenever I was called upon in class, I would just struggle so hard to get the words out, and the kids would snicker. It was horrifying for me."

Although she began seeing an analyst in the sixth grade, the stammer persisted until her sixteenth year. "My first boyfriend actually told me it was charming," she says. "I wasn't so afraid of it then; I lost a lot of my self-consciousness." She bats her eyelashes, self-mockingly. "Just shows you what happens when you're in love."

But that self-consciousness came back to haunt Carly in the form of stage fright. She managed to perform, but her fear increased rather than diminished. Finally, in 1981, the stress took its toll and she collapsed backstage during a Pittsburgh concert. Now she insists that she will never do another tour.

Simon has struggled with other problems, too. Her marriage to James Taylor unraveled as she tried to cope with his heroin addiction. He later overcame it, and though he and Carly divorced, Taylor remains close to his children. Today, Carly says she's more confident when it comes to commitment: "I think that—having gone through it before—I can weather the storms better, because I know we will have learned something when we come out on the other side."

Growing older doesn't scare her, either. "I can think of at least forty-seven more albums I'd like to do," says the woman who already has two platinum and four gold ones to her credit. "Yeah, I'm probably going to be singing into my seventies and eighties—to the chagrin of my listeners."

Or, more likely, to their delight.



ARETHA FRANKLIN'S AMAZING GRACE

By Ann Ferrar

Three words say it all: *Through the Storm.* The title of Aretha Franklin's last Grammy-nominated LP, it would also be an apt title for her life story. The Queen of Soul, known for such musical milestones as "Chain of Fools" and "Natural Woman," has survived two rocky divorces, the tragic death of her father and some manic career swings. Today, at forty-eight, Aretha is the mother of four grown sons and still in command of the mesmerizing voice that has won her seventeen Grammys and turned twenty-five albums and singles into platinum and gold.

Aretha's gospel-trained mezzo-soprano has, at different times in her life, reflected her inner pain or joy, gliding up and down four octaves. Yet in conversation, she is surprisingly reserved—the result, some say, of early bad experiences with intrusive publicity. Soft-spoken and understated about her gift, she says simply, "I'm just doing what comes naturally to me."

"What comes naturally" has influenced many of today's hottest singers, most notably Whitney Houston. "Whitney's mother, Cissy, is a long-time friend of mine. She did most of the background vocals on my early recordings," says Aretha. "I met Whitney when she was nine or ten. She calls me Aunt Ree. She adopted me and I adopted her." On *Through the Storm,* Whitney finally got the chance to strut her stuff with Aunt Ree in a duet titled "It Isn't, It Wasn't, It Ain't Never Gonna Be."

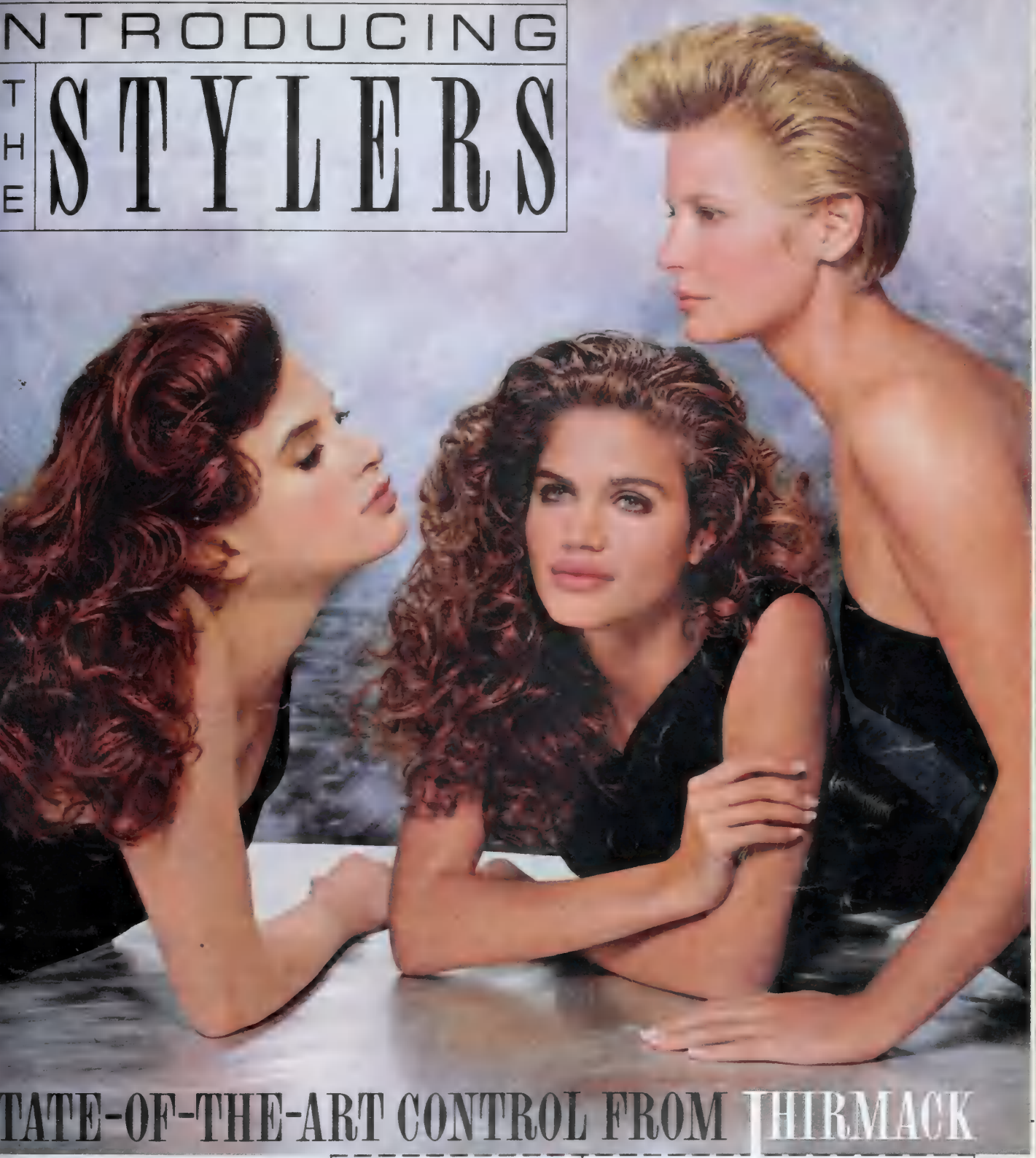
Aretha, who was raised in Detroit and still lives in a suburban home there, remains unfazed by the accolades. Lady Soul is a homebody who managed her career around the demands of raising four sons. "You allot a certain amount of time for each job," she says. "When I was in concert actively, I spent two weeks of each month at home." Her son Teddy, twenty-seven, plays guitar in her band and accompanies her on the road. Clarence, thirty-three, is a lyricist, while thirty-two-year-old Eddie and nineteen-year-old Kecalf are attending college.

On a typical day, their mother relaxes by watching daytime soap operas and cooking. "First, there's *The Young and the Restless,* then *The Bold and the Beautiful,*" she says, admitting, "Nothing gets done in the house until those shows are watched." Next, in her country-style kitchen, she whips up an exotic variety of Creole, Italian, Indian dishes and more—with a little help from Julia Child tapes. Aretha dubs herself "a soul gourmet, with a bit of gourmet-gourmet."

Since her youth, the kitchen has been a haven for Aretha, the third of five children. The Franklin offspring got advice over home cooking from gospel greats like Mahalia Jackson and Clara Ward during their visits with Aretha's father, a pastor of New Bethel Baptist Church in Detroit and a prominent figure in the civil rights movement. The Reverend C.L. Franklin—Aretha's guiding light—took his gifted daughter to religious revivals, where he would preach and she would sing.

At age seventeen, Aretha recalls, "I wanted to expand my horizons and not be limited to gospel. My father was quite supportive. He took me to New York and found me an agent." Her pop career got off to a slow start in the early sixties. But in 1967, Aretha recorded "Respect," which became an anthem for *(continued)*

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WHAT'S HOT

(continued) women at the dawn of the feminist movement. The string of hits that followed would, years later, make her the first woman inducted into the Rock and Roll Hall of Fame.

Aretha's professional success, however, wasn't always reflected in her personal life. Her stormy first marriage to her manager, Ted White, was emotionally draining. She married actor Glynn Turman in 1978, but her newfound happiness was shattered a year later when her father was shot during a robbery in his home. He remained in a coma until he died in 1984. Her marriage didn't survive the turmoil, and she divorced Turman in 1981.

Today Aretha still finds it difficult to discuss those painful memories, but she remains religious. Her Baptist faith, she says, keeps her "centered and grounded."

A new generation of fans has responded overwhelmingly to Aretha's comeback, which began in 1985 with her platinum LP, *Who's Zoomin' Who?,* and its smash single, "Freeway of Love." What's next? Another LP is due out in August, but Aretha says she has something else up her sleeve. "I'd like to do more films," she says earnestly. "Dramatic roles and romantic comedy, kind of the Doris Day type." Her small role as a singing waitress in the 1980 movie *The Blues Brothers* and her appearances in several TV commercials have whetted her appetite for acting, and she says she has a weekly sitcom in the works.

So stay tuned—because the Queen of Soul has usually managed to do whatever she puts her mind to.



A NEW HIGH NOTE FOR DIONNE WARWICK

By Dean Lamanna

Not since she ruled the pop charts with such sixties hits as "Don't Make Me Over," "Walk On By" and "Do You Know the Way to San José?" has Dionne Warwick been this busy. In the past six months, the silken-voiced singer has completed two new albums and launched a syndicated weekly music show, *Dionne and Friends*. Moreover, through star-studded benefit concerts, she's been raising public awareness—and millions of dollars—for AIDS research and education.

Her concern is both personal and public. "I have lost a lot of friends to this disease, and I'm tired of hurting about it," says the glamorous forty-nine-year-old, who was given an honorary title, Ambassador of Health, by the Reagan Administration in 1988. "Somebody has got to be the instrument to open up people's eyes, and I'm doing it the best way I know how—by gathering the entertaining forces together. We have a very loud and very strong voice, and people do tend to listen to what we say."

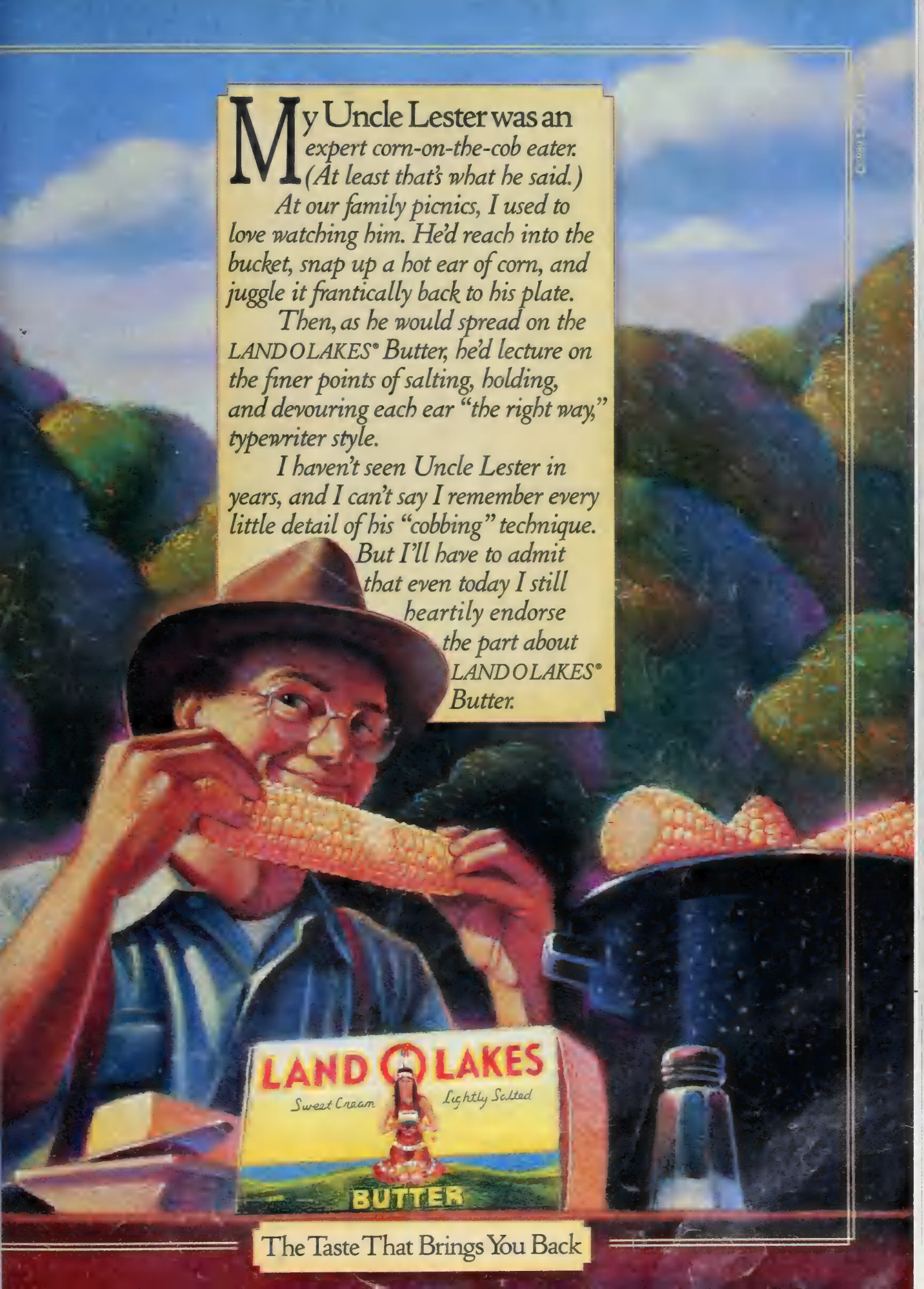
Indeed, few voices are stronger than Warwick's: Her flexible, four-octave range was nurtured in a family of professional church-choir singers. In 1954, the fourteen-year-old Dionne—together with her sister and a cousin—formed their own choral background group. Her career didn't take off, though, until 1960, when a little-known composer named Burt Bacharach noticed Dionne's talent on backup vocals and began creating songs for her with his then-partner, lyricist Hal David.

Warwick went on to earn four Grammys and seven gold albums. Not all was golden for the New Jersey native, however. Her professional relationship with Bacharach was severed when he and David split in 1974. Her marriage to the late actor-musician Bill Elliott ended in divorce a year later. Then came the disco craze, which temporarily stalled her career. But Dionne rebounded dramatically with two 1979 hits, "I Know I'll Never Love This Way Again" and "Deja Vu," becoming the first female performer to win simultaneous Grammys in the pop and rhythm-and-blues categories. "Your public can be kind of fickle," says Warwick, who reteamed with Bacharach for her top-selling 1985 album, *Friends*. "They have a tendency to run with whatever is new. The fortunate part is that so many people have been supportive of me over the years."

Her most ardent supporters are sons David, twenty-one, a songwriter, and Damon, seventeen, a high school student. Warwick says that she "didn't find it that tough" raising the boys alone after the divorce. "It wasn't a matter of becoming Mom and Dad. I just remained Mom. The solidifying fact is that we're friends."

Friendship was also the theme of her 1985 hit single, "That's What Friends Are For," which has generated over $1.5 million for the American Foundation for AIDS Research. Yet between taking care of her kids and her causes, she still manages to make music for music's sake. She recently released a compilation album, *Dionne Warwick's Greatest Hits, 1979–1990*, while *Dionne Warwick Sings Cole Porter* is due out shortly. And a musical project with Whitney Houston—who happens to be her cousin—is "inevitable."

How does our Ambassador of Health maintain such stamina? "I've been running through airports," says Warwick, laughing. "O.J. Simpson has nothing on me." ■


My Uncle Lester was an expert corn-on-the-cob eater. (At least that's what he said.)
At our family picnics, I used to love watching him. He'd reach into the bucket, snap up a hot ear of corn, and juggle it frantically back to his plate.
Then, as he would spread on the LAND O LAKES® Butter, he'd lecture on the finer points of salting, holding, and devouring each ear "the right way," typewriter style.
I haven't seen Uncle Lester in years, and I can't say I remember every little detail of his "cobbing" technique.
But I'll have to admit that even today I still heartily endorse the part about LAND O LAKES® Butter.
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BUTTER
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"A Time to Love" by renowned artist Sandra Kuck

Actual diameter: 8½ inches

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andra Kuck's 50th anniversary tribute to the March of Dimes. . .
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"A Time to Love" is a historic commemorative plate honoring the March of Dimes' fifty years of devoted service to the prevention of childhood illnesses. Created by Sandra Kuck, recent winner of the artist of the year award from the National Association of Limited-Edition Dealers, "A Time to Love" is available now – and it looks like a smart buy. Here's why Bradford recommends it:

"A Time to Love" is an important issue in the ***March of Dimes: Our Children, Our Future*** series, hallmarked by Reco International and Knowles China.

It's an important work of art by renowned children's portraitist Sandra Kuck. Attesting to its importance, each plate is hand numbered and accompanied by a Certificate of Authenticity.

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The Bradford Exchange . . . picking winners since 1973. Worldwide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with offices in the United States and nine other countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1979, you would have bought the first issue in *McClelland's Mother Goose* series, a plate that now trades at $145.00* – more than 640% of its $22.50 issue price. More recently, if you had acquired "Sunday Best" by Sandra Kuck, from the Reco *Days Gone By* collection, you would now own a plate valued at over two and a half times its 1983 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is ever changing. Not all plates go up in value; some go down. But right now, Bradford Exchange analysts rate "A Time to Love" as one of the year's top prospects. . . and we'll back up your purchase with our 365-day, money-back guarantee.

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To acquire "A Time to Love" at its $29.00 issue price – backed by our 365-day guarantee – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "A Time to Love" is now – *before* it has a chance to increase in value.

*As cited in the Bradford Exchange Market Report, II-2.

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Behind the screens at TV's funniest new show

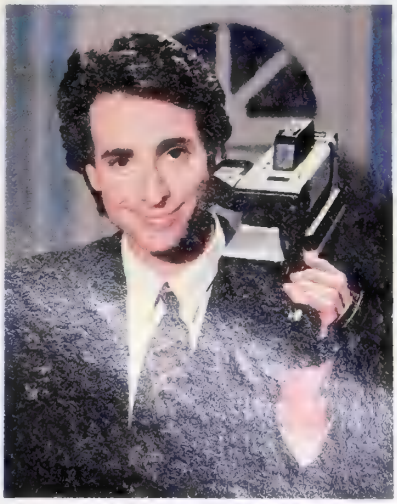






Photo, bottom left: ABC/Capital Cities.

Is your family funnier than the dancing dogs and goofy gagsters you watch each Sunday night? LHJ reveals the secrets to scoring on "America's Funniest Home Videos"



Host Bob Saget doubles as one of *A.F.H.V.'s* three writers as well as starring on ABC's Friday night hit, *Full House*

By Jill Rachlin

Okay, so maybe I wasn't personally insulted by Roseanne and I didn't play baseball with Kevin Costner. But when *LHJ* sent me to Hollywood this spring, I *did* manage to connect with TV's hottest new hit. Yes, folks, I spied on the selection process for *America's Funniest Home Videos*, the show that asks just how far we'll go to make fools of ourselves in front of millions of people.

Pretty far, of course, as anyone knows who's watched this wacky compendium of amateur movie clips. But who finally decides which lip-synching babies, toupee-losing men and clumsy wedding couples will appear nationwide on Sunday night? A daring band of screeners, or "happy zombies"—host Bob Saget's term for the eighteen video buffs who sort through a thousand or more homemade videotapes every day.

You'll find the gang, crammed two or even four to an office, just two flights up from the Station Break snack bar at ABC's Hollywood studios. Even producer Steve Paskay, whose idea of power dressing includes bear-claw slippers, shares a windowless office—with his pet guinea pig, Sid Vicious. *(continued)*

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With Serenity® Guards, you'll have the protection that keeps you dry, comfortable and secure.





Protection that lets you feel like a woman again.



Johnson & Johnson

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television

(continued) "Now that we're a hit, they *have* painted the halls, but they still haven't done the offices," jokes writer Todd Thicke (the brother of Alan Thicke, who stars on *Growing Pains*).

Not that screeners like Catherine Galef would notice their surroundings; the hip-looking twenty-three-year-old graduate of Emerson College is almost always staring at her screen. She sits through about one hundred videos a day (only about half of which are cued up to the funny part), trying to find three or four contenders.

As I walk into her tiny office, Catherine nods hello, offers me some of her microwave popcorn and chucks in another tape. She's been through about fifty so far today, grading them on a scale of one to ten. Only those with a mark of five or better are passed on to a supervising producer. It's been a better-than-average morning; she's already found three possibilities. "We ask ourselves, 'Is it funny or amazing? And is it technically good? Is the image bigger than your thumb and light enough to see?' " explains Galef, who says she hears the phrases 'Did you get that on tape?' and 'Daddy, Daddy, film me!' at least a dozen times a day. Some videos are so bad that Galef's office mate, Taz Goldstein, puts them out of their misery by shooting the screen with a cap gun.

Roll 'em. We watch a tape of a man feeding zoo animals from the window of his car. "I wish an animal would run after him—then it would be funny," observes Galef. Cut. Pop in a new tape. This time it's a baby butting heads with a daddy who's trying to cuddle him. The "joke" happens so fast, we have to replay it to figure out what's supposed to be funny; it isn't. Next is a kid tumbling from a snowmobile—off-camera. "It could have been funny, if only we could see it!" Galef says, frustrated. Eject. A girl using nasal spray in her kitchen is also rejected. (Even to *my* amateur's eyes, that feat is neither funny nor amazing.)

Another screener stops by to boost our spirits; he cracks us up with a tape of a snake yawning. Definitely a six. Not to be outdone, Galef shows me one of her morning discoveries: a little girl knocking over her brother with a hula-hoop—also an undisputed six. Cheered, we replay it several times.

Galef warns you would-be Spielbergs to think twice before you rush out to send in that tape of Baby mistaking Daddy for a diaper. It would likely fall into the OFTTF category, Only Funny to the Family, and be rejected. *A. F. H. V.* gets so many baby-wetting and baby-barfing tapes, in fact, they'd have to be *sensational* to get on the air. The same goes for fainting at weddings; they see five a day. And though a "whistling stomach" (an undulating tummy painted to look like a face) may sound unusual, this, too, is common.

Other tips from the producers: Deliberately staged videos such as spoof commercials, lip-synching or magic shows are allowed, but events rigged to *look* accidental are disqualified. Sometimes these setups, as they're called, are obvious, like the former stuntman who fell off his Winnebago—wired for sound. Other times they're harder to catch, like the man who cut down a tree, only to have it fall the wrong way and smash his car. When the producers took a closer look, they noticed that even before the tree hit, there was no glass in the windshield.

Extremely-violent or totally tasteless tapes are also *verboten*. No one is supposed to be seriously hurt or do anything that might inspire a viewer to try something dangerous. A baby driving a car with the off-camera help of his father, for instance, might be hilarious, but unacceptable because it sets a bad example. And some videos fail because the humor is considered too "late night" for prime time. Take "Road Kill," about a rabbit driving a car and hitting two gray-suited men carrying briefcases as they hop across the road. It amused screeners but was ruled too ironic for the upbeat show.





"We're not trying to poke fun of viewers; they're doing it themselves."

—STEVE PASKAY, PRODUCER

After Galef finishes her tapes, she and the other screeners pass their choices on to supervising producer Henry Kimmel. He upgrades a cat stealing ice cream from a kid, marked a six by the first screener, to a seven. A tape of toy cars bumping into each other, then hitting the cameraman, earned a five from the initial screener, but it's so dark Henry rejects it. A father who burps and frightens the baby he is feeding makes Henry laugh outright, but experience tells him this one is just too gross to use. (He puts it aside to entertain the staff later.)

Once a video is approved, its creators and stars must sign a release to permit it to be aired, and this can get tricky. Many videos are several years old, so the person who sent in the tape may have lost track of his "performers." Enter Paul Crehan, one of the show's researchers. When Crehan called information to locate an Iowa woman featured in one video, he was stymied: She had no phone. Crehan persuaded her town's chamber of commerce and department of county records to help. Even the local police got into the act, driving out to the woman's farm to tell her she had a chance to be on TV.

After the videos are cleared for release, they're sent in to a studio so that narration and sound effects can be added. A tape of a man who skis off a high ledge and topples over, for example, becomes funnier when Saget asks in a silly voice, "Is this the way to the bunny trail?" And goofy prerecorded sound *(continued)*

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BEHIND THE SCREENS
:ontinued

cts labeled "zip whiz," "pop sh," "big metal hit" and "fast war- make the videos as exaggerated as oons. "We're kind of the Hanna- bera of prime time," jokes Chris ack, the show's music supervisor.

ut if *A. F. H. V.* has a distinctly erican touch, its inspiration was anese, from the popular show *Fun h Ken and Kato Chan*, which ex- ive producer Vin Di Bona and his caught at a trade fair. They sold on the idea, then hunted for a . That's when the *real* inspiration e—the decision to hire thirty- e-year-old Saget. His breezy style, k wit and ability to laugh at him- help define *A. F. H. V.*

ne stand-up comedian who once ved his own wedding video on *The ight Show* is now the father of two ng girls, three-year-old Aubrey and month-old Lara. He is never at a for words—even when his in-laws rised him with an on-the-air ap- ance right after he showed a video accused them of doing nothing but sleep and complain whenever they . He was just joking, Saget as- s, then adds, "The really funny is that after the show my in-laws e by—and all they did was eat, and complain!"

get is more than an emcee—he's one of the show's three writers, a e squeezes in between takes at *Full se*, his *other* hit show. Whenever not needed in a shot, Saget, an usiastic workaholic, bounds up- s to his dressing room to brain- n with writers Thicke and Bob Ar- On the days he can't find the time eet with them, he sends his ideas g by fax.

Sunday, the show is ready for the important judges, members of the io audience, who vote for their fa- e of three video finalists by push- a button on the panel in front of seats. One more round of editing s things down to the right length broadcast—about forty to fifty —and . . . it's showtime!

F. H. V. is such a smash that even rities are trying to get into the Producer Paskay says that agents larly ask him if he is interested in e videos of famous ingenues and s in diapers. His response: "If re in diapers at age two, no, but at current age, we'll think about it."

y are so many Americans so ea- to be caught with their pants , so to speak? Well, for some it's ure of securing their fifteen min- of fame, plus the $10,000 first awarded by audience vote each week (the $100,000 grand prize will be handed out on May 20). For others, it's simply the joy of taking TV into their own hands. Now that camcorders sell for as little as $600, we've all become filmmakers manqué, and we can't resist the chance to show our best stuff nationwide. "We're not trying to poke fun of viewers," explains Paskay. "They're doing it themselves."

No one knows how long this phenomenon can last—Thicke and Arnott keep an ABC jobs listing pinned to the wall of their office—but other networks as well as local stations are trying to cash in by copying the trend. Before I can even ask Saget about the shelf life of *A. F. H. V.*, he's already answering: "Yes, it's a fad, yes, I love being part of a fad; it means I'll move on and I won't have to live with it the rest of my life."

Maybe he's right. In that case, I hope it's not too late to request a camcorder instead of a microwave for my birthday—my parents' miniature schnauzer, Max, really does do a lot of adorable things . . . ■



Clearly, this dog is star material

SEND VIDEOS TO: America's Funniest Home Videos, P.O. Box 4333, Hollywood, CA 90078. Include a brief description of the action and $2 handling fee if you want tape returned. Cue up tape, please. FOR TICKETS, WRITE TO: Vin Di Bona Productions, c/o ABC-TV, America's Funniest Home Videos, 4151 Prospect Avenue, Hollywood, CA 90027.

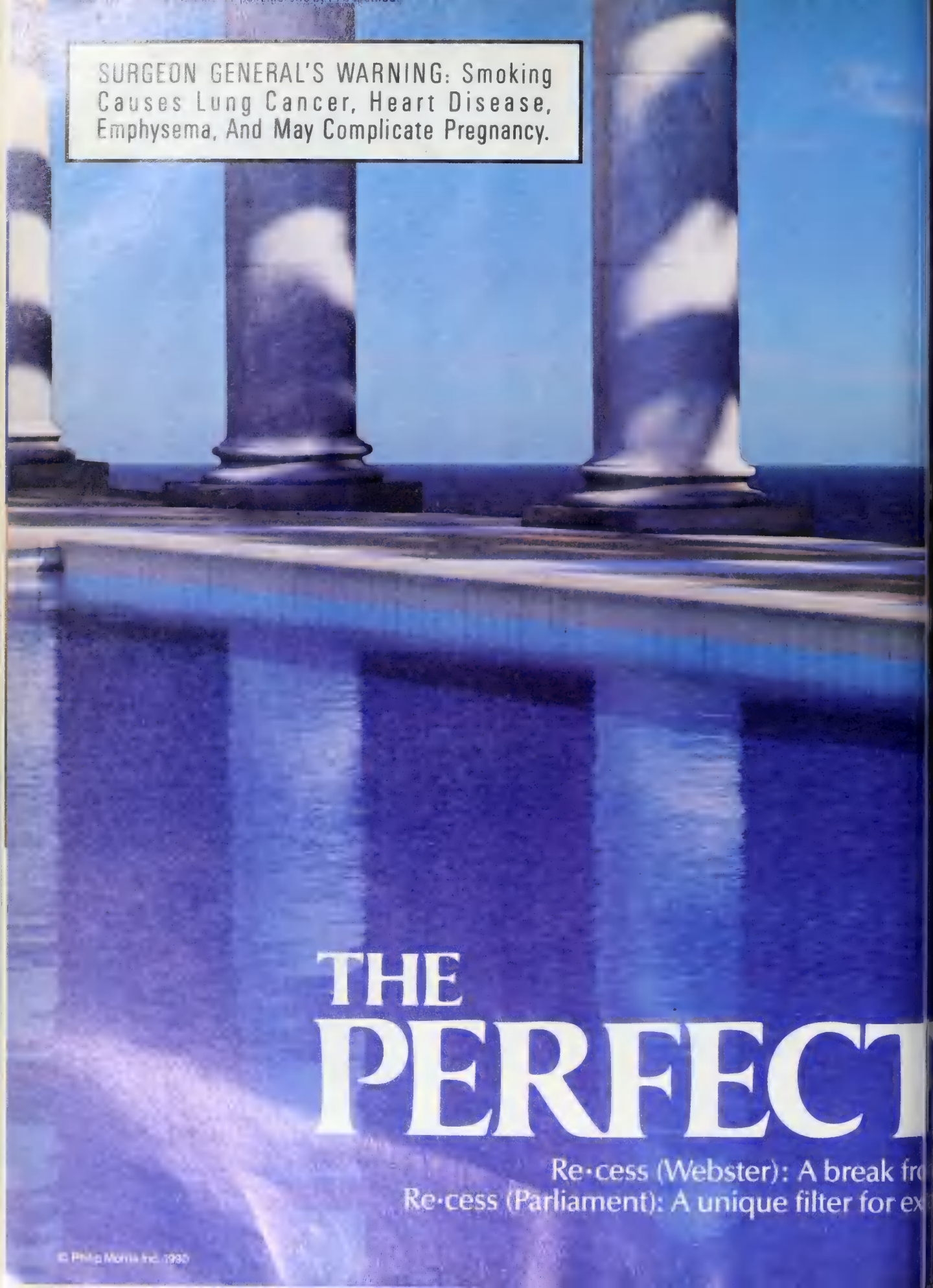


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David McGlynn

Family pictures

None of the Eberhardts could agree on Randall—the silent stranger in their midst. Read this excerpt from the spellbinding new novel by the author of the million-copy best-seller "The Good Mother"

By Sue Miller

It's my brother Mack's birthday. He's fourteen. We're all sitting at the table in the dining room. The curtains are drawn, though you can see the glint of summer evening light through the cracks. When my mother rounds the corner from the kitchen with the glowing cake, we burst into ragged song.

Heaped next to Mack's place on the table are his opened presents. You can see the neck of the guitar my parents have bought for him, leaning against the table's edge. It seems to me that color rises to Mack's face as we sing to him, though perhaps it's just the soft light from the candles that makes him look this way—young, and suddenly sweet and shy.

The moment we've finished the song, Mack leans forward and blows the candles out. In the silent twilit aftermath of our applause, my older brother—my autistic brother, Randall—speaks. "Happy Birthday, dear Mackie," he says.

We are all silent, and then Liddie, the oldest, laughs. "My God!" she says. "Did you hear him?

"I wouldn't get excited, Lydia," my father says. "That's about his annual quota of words, isn't it?" And my mother's face, which has turned in astonishment to her younger son in the dim light, instantly drops. My father changes the subject; someone gets up to pull back the curtains on the windows, to let what's left of the daylight in.

This is the way I remember it. But I'm wrong.

My mother tells me he never spoke after the age of four or so. My sister Liddie says it's *her* memory, her story, one she told me much later. I've appropriated it, she says, the way I do with everything in our family's history. I've changed it all to suit myself—made myself older, an observer, when in reality I was an infant when it *(continued)*

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happened, and Mary and Sarah weren't even born.

And yet. And yet it seems as clear as a picture I might have taken. I could swear this was exactly what happened.

But that's the way it is in a family, isn't it? The stories get passed around, polished, embellished. Liddie's version or Mack's version changes as it becomes my version. And when I tell them, it's not just that the events are different, but that they all mean something different, too. Something I want them to mean. Or need them to. And, of course, there's also the factor of time. Of how your perspective, your way of telling the story—of seeing it—changes as time passes. As you change.

This was the way it had worked, I thought at the time: my parents had made their family, they had the requisite three pretty children, they'd bought a house on a street in Chicago where other young couples were buying houses in the years after the war. My father's career as a psychiatrist was flourishing, they loved each other.

And then it all went haywire.

Randall sat in their midst, more beautiful than the first two, but immobile. At two, he still didn't walk. He didn't speak except when whole sentences, out of context, dropped from his mouth, as though someone invisible were using him as a ventriloquist's dummy. He seemed possessed, my mother has said. Enchanted. Under a spell.

Sometime in the process of Randall's diagnosis my mother got pregnant with me, as though she thought another child would break the spell. Mary followed a year later, and then Sarah a year and a half after that. From the start we knew what was expected of us. We were to be normal, happy. We were to make up for Randall's illness, Liddie's resentment, Mack's wild struggles.

For my parents, and for Lydia and Mack, deciding what Randall's illness meant and figuring out what to feel and do about it became lifelong preoccupations. Mostly it meant they struggled with each other, since they all disagreed about him. For us, though, for Mary and Sarah and me, Randall was a given. He was just there, silent and for the most part lost in his inner world. Sometimes he was in the way, but sometimes he was useful to us: He was the troll under the bridge, he was the baby in the carriage, he was the bogeyman, the prince, the father.

Somehow, though, my sisters broke away from all of this muddle early They made their own lives free clear. And actually, for a long tim seemed I had, too. It's only more rec ly that I have wanted to think abo all again, to make sense of it more—in a different way—for mys

I was home to visit several y ago. My parents themse had finally been divorced year before my visit, and I was sta with my mother in her new apartm In the evenings she and I sat aro drinking beer or tea and talking. talked a good deal about my fat about their marriage and our c hood. It was as though the divorce set her free to acknowledge all problems that had plagued them their younger life. She never spoke grily. My father's very name, *Da* seemed to make her voice soften, she talked of him, of them both, o of us, as though we were dear relat who'd gone together through some ural disaster—a shipwreck, a to do—and barely survived.

Her job was painting sets for a ater designer who was well know Chicago. She smelled of turpentine soap when she arrived home, and cuticles were permanently stained, fingers slightly tinted as she grip



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glass. Early in my stay, it was in her apartment, and we would out on her balcony and watch twilight thicken, the car headlights ning on down below under the wide k trees on Hyde Park Boulevard. e colors slowly bled from both of us as light left, until I was, like my moth- just a grayish shadow on the deep ch, and only our voices—remember- , reinventing the past—had any col- r depth. Over the months, I came to that these talks, this remembering, e somehow connected to the point of being there at all.

When they had finally decided to separate, several years before, my father had moved out into apartment. But then, within a year so, he moved again: into the home of old family friend, Tony—Antoi- te—Baker. She lived halfway down block from the house we'd grown in. They were planning on getting rried.

One night after dinner at their use, I showed my father and Tony ne of the pictures I'd been taking. ey were studies of children I'd made the playground near my apartment. was a mean playground, asphalt and ted swings, the ground in the cor- s and under the one grimy linden littered with glass and the occasional syringe. The children were mean in the same sense, too—roughly dressed, foulmouthed, sometimes scabbed with impetigo. But their play was not so different from what I remembered from my own childhood. In many of the photographs, I'd been experimenting with a technique that results in a central sharp image around which the background appears to swirl in dizzying motion. I liked it because it recalled the way life felt to me when I was young, when you focus on what's important to you so clearly that everything else swims out of consciousness.

My father took a long time looking at the pictures. His eyesight was already pretty bad then, and he had to hold them at a certain angle to see them. Finally he said he didn't like them much. "They're very riveting, and they do get your attention." He gestured. "But it's all really a gimmick, isn't it?"

I felt stung. My face must have changed because Tony was watching me and she suddenly began picking up first one picture, then another, trying to decide which was her favorite.

I waited until she was through. Then I said to my father, "You might be right. It might just be a gimmick. But you have to be willing to try gimmicks. It's how you learn technique. That's all technique is finally, anyway: gimmick. Gimmick perfected."

A few days later, my father called me to ask to look at the pictures again, so I got them out and brought them over. Again he went through the odd business of waving them back and forth in front of his face. Then he set them down, arranged them neatly in a stack, and apologized. He said actually, he thought they were good, very good. He said he had realized almost right away that his first response had been bizarre, based on some unconscious associations. He'd been lying in bed after I left that night, feeling uncomfortable about his remarks to me, when he remembered. And then he told me this story. His story.

My father is walking home, toward the lake down 57th Street. Let's put him in a seersucker suit, because it's summer—the Fourth of July, actually—and because he's just been seeing patients.

It's 1950, patriotism is still fashionable, and he notices the occasional flag hanging off someone's front porch, draped out an apartment window. My father strides along, moving fast, bent forward slightly from the waist in his hurry. He's a tall man, *(continued)*

Will people like the taste of a cracker that's low in fat, low in salt and has no cholesterol?



than at the children—but turning now, just turning—when a voice at his left and behind him rises, resonan with concern, with diagnostic inclination: "What on eart is wrong with that child?"

And as my father's face swings to look at the approach ing parade, he knows—the sudden fist of his heart in h chest hits it home—that the voice is speaking of Randal that he will see him now, emperor of the parade, strippe of the illusions of normalcy they've spun for him.

As he looks, it seems the other children, the parad itself, the adults watching, all swirl and blur, are onl color, motion, like the background in a photograph. Dea in the middle, motionless in the carriage he shares wit his tiny queen, sits Randall, unseeing, inert, his s quined, glittering cardboard crown perched square on h head. His queen, a frail wriggling blond, is chewing c hers. She's turned backward, squirming to see the b costumed girls pushing the carriage, and the grownup cheering as their children march by. My father watch them pass, watches the messy little girl, her ch streaked with drooled paint. He sees her speak, poi with a tiny finger. Randall, perfect king, rides on, lookin neither left nor right; and the pubescent baby-sitters- now yanking at the queen to keep her seated—let the eyes fall on him with nearly maternal pride. My fath stares, appalled, at the motionless, joyless lump that his child, frozen in the blur of life around him. Over an over his brain asks: "What's wrong with that chil What's wrong with that child?"

The tests began in October, usually several month. My mother told me that she felt invisib when my father and the pediatrician talked t gether—those smooth professional voices discussing Ra

FAMILY PICTURES
continued

dark-haired and too serious-looking. My mother has said that when she met him, he looked so sober it was her impulse to want to make him smile, laugh. He still looks that way eight years later. He invites the attention of women with his apparent gravity, though he actually is cool and witty.

He's hurrying because he's promised my mother, his wife—Lainey—that he'll be back in time for the Fourth of July parade and block party. All three of his children will be in the parade, Liddie and Mack marching with tiny flags distributed by the teenage girls who've organized everything. And the baby, Randall, nearly two, who has been chosen to ride in a carriage at the head with a two-year-old girl from the block, king and queen of the whole affair.

Now he turns the corner onto Harper Avenue, and first hears, then sees, through the tunneled light under the dense elms, the parade meandering toward him. Ahead of it, circling on their bikes like wheel-bound birds of prey, are boys, teenage boys, braying to each other, their faces masked in contempt for this girlish civic enterprise. The sidewalks by the square, where the parade will end, are thick with people waiting, and my father begins to push his way through them. He's in the crowd now, looking for Lainey. Then he sees her, leaning against the wooden rail at the edge of the square. She's talking, holding a cigarette, her hair is barretted severely back. She looks like a big, strong girl. He's waving to her, but she doesn't see him. She throws her head back and laughs.

There's a press forward now, as the front of the parade reaches the square. My father finds himself, too, pushed and pushing toward the curb, still looking more at Lainey

Apparently so.



kay. Will they also like
a cracker that's just as
healthy and has
real oat bran too?



from the kitchen table. A cigarette dangled from her mouth. It was hot in the kitchen because the oven had been on, and she wore a sleeveless blouse and shorts. Her feet were bare, her toenails painted red. I looked at the cake. It was a series of concentric circles, like a bull's-eye—pinkish-red, yellow, blue, green. In the middle it said "Mack 15."

"Pretty snazzy, wouldn't you say?" Mother asked. She put her arm around me and I could feel her big soft breasts and belly squish against my own body. I wanted to turn into that flesh, to be cuddled, but I held myself back, I thought of the boniness of my body as a kind of reproof to that possibility.

"It's pretty," I agreed.

"Think Mack'll like it?" she asked.

"Uh hunh," I said.

My mother released me. "It's going to be lovely," she said, stabbing her cigarette out. "I love all you children's birthdays. I think of each of you as a baby—you were all such lovely babies—and it brings back those happy times."

Then she pushed a couple of the pastel-filled frosting bowls toward me and said, "Now, *someone* or other is going to have to clean these up."

We sat down at the kitchen table and began to scrape the bowls with our fingers. "Don't tell a soul," my mother said, "or we'll have every Marey and Sarey in town in here with us."

My fingertips slowly stained a bruised-looking color I couldn't lick off. She sang the song about the sow and the three little pigs through twice, the second time laughing so hard with me that her snorts became real and uncontrollable.

"Ig, Mom," I said, and stuck my finger in the green bowl.

"Ig yourself, my baby pig," she said. Her *(continued)*

, his fate. There were tests at first for his vision, ring, for the possibility of motor problems. All nega- . Then tests for neurological problems. Again, normal, ar as they could tell.

hen the psychiatric evaluations and interviews began. they went on—for months, my mother has said— dall as the patient disappeared, and my mother be- e the focus of attention. Slowly the pattern emerged: edical system that couldn't, wouldn't, provide answers it Randall that didn't implicate my mother; my moth- esperately insistent that he was the one who needed , not her· my father implicitly a part of the system was making the accusations, that was saying she caused the disease.

ometimes, as a child, I felt confused by my moth- er's intense love for Randall. It seemed so different from her love for the rest of us. And it made me icious of her love for me, even when she was most tionate, because I felt that it was false; that the nent it was put in the balance with her love for dall, it would be found wanting.

remember one summer afternoon. I was ten, I was king on a project on the dining-room table, coloring in intricate patterns on some Elizabethan dresses I'd ed from the *Encyclopaedia Britannica*. Randall was in living room, sitting in a patch of sunlight with his ky, lifting the end again and again and watching it almost humming as he did it. My mother was in the hen making a cake. It was Mack's birthday. She d out, "Nina, come in here and look at this. It's ing out beautifully!"

ookee here, Neen," my mother said as I walked in. held the cake decorator in her hand and stepped back

It certainly
looks that way.



NABISCO BRANDS

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FAMILY PICTURES
continued

lips were the same purplish brown as fingers, darker than the lipstick she w when she and my father went out.

"Your mouth is all purple," I s "You look nutty."

My mother stuck her dark ton out at me, and we both laughed ag

When I went back into the din room, Randall stood over the table, ting little pieces of torn paper flu to its surface from his hand. It took a few seconds to realize what brightly colored confetti was. The ran at him, grunting with rag grabbed his arms and swung him fi the table. Though he was nearly as as Mack, he was uncoordinated, flo and awkward, and he didn't resist I slapped his face as hard as I co His head snapped back. He bared teeth and laughed soundlessly.

"You bad! Bad! Bad!" I shrieked, of control. I slapped him again, then again; but Randall shut his e and continued his silent laughi Sometimes he could go on for ho like that once he'd started. I was in fury, lost in hitting him, in want to hurt him. I pursued him as he st gered backward, punching him on face and chest and shrieking at hi

Suddenly my mother's ha grabbed me, flung me away. T reached out and stung like electri across my cheek and mouth. seemed huge. Randall stood beh her, still laughing. I held my where it felt torn.

"You are not to hit him!" she s She was panting, her face was wh her mouth still bruised dark red fi the frosting treat we'd shared in cret. "Not ever, you understand?"

I covered my face. Then she holding me. "Oh, Nina," she said. I'm sorry."

Randall sat down on the couch, r ing, laughing out loud now. I watc him as my mother held me. She started to cry, but I had stopped e wanting to, as if by magic, the mom she touched me. Now I blurred eyes and held my breath and let dizziness pull me far away from th both—from my crazy brother, wouldn't stop laughing; and from mother, who seemed to be taking c fort from the body I'd left behind m I swam forward to a safer place place where I couldn't feel or see th where the world rocked rhythmic with my own dark pulse.

Sue Miller is the author of a st collection, "Inventing the Abbots," well as "The Good Mother." She l in Boston.

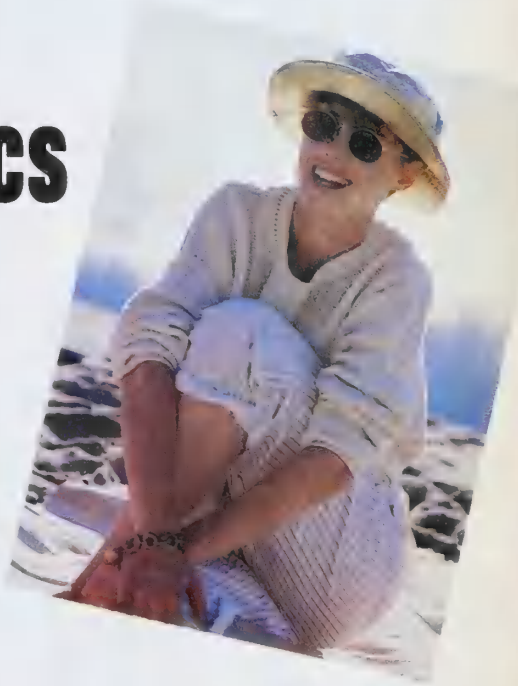
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Picnic Time's quaint basket comes with everything you need. Details, P.S. 8

Sunday in the park

Save the potato salad and the tuna sandwiches for an outing with the kids. Here's a simple but elegant picnic menu that's a perfect lunch for an outdoor concert or a light supper by the lake. Just stop off at a local gourmet shop or supermarket and pick up the following: ■ crusty French bread ■ sweet butter ■ smoked trout ■ cucumber salad ■ rice or pasta salad ■ individual fruit tarts or éclairs ■ fresh strawberries and blueberries ■ chocolates ■ light white wine ■ seltzer with lemon or lime

A picnic doesn't have to be a meal. In fact, a picnic is an ideal time to have a mini cheese-tasting party. ■ Go to a good-quality cheese shop and choose several types of cheese with varied tastes and textures. Try a blue-veined cheese, such as Saga, Danablu or Stilton. Also sample a soft cheese, such as a young goat cheese or fresh ricotta salata. Include a hard cheese, too—aged Gouda is good. ■ Complement the cheeses with a selection of fresh fruits. We recommend pears and apples (sliced so that they can be used as "crackers"), as well as grapes, peaches and cherries. ■ You'll want unflavored crackers, like water biscuits, that won't compete with the cheese. Crusty baguettes are wonderful, too. ■ Don't forget red and white wine. ▶







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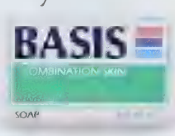


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HOW TO BUY SMARTER

Grills

FROM SIMPLE HIBACHIS TO SOPHISTICATED GAS BARBECUES, THERE'S A GRILL FOR EVERY BACKYARD CHEF. BY MARIANNE WAIT



Weber's One-Touch® Kettle grill is a best-seller. The classic shape is trademarked—the design hasn't changed since its invention in 1951

Nothing says summer like the tantalizing aroma of an outdoor cookout. For generations, American families have celebrated the warm weather by heating up the grill and tossing on the burgers and hot dogs. But now, just like the families doing the barbecuing, grills have grown up.

A gamut of grills Models today range from portables for picnicking to deluxe cookers that practically make the kitchen stove obsolete. Kettle grills and their square counterparts are extremely versatile. With its top off, a kettle grill can be used for simple barbecuing. For more moist and flavorful fare, add the cover; vents in the grill's deep bottom regulate heat. Water smokers—tall, cylindrical grills with dome-shaped covers—cook big items such as turkey and ham in a cloud of smoke and steam. For camping or picnicking, portable grills are ideal because they're easy to store and clean. Models range from simple hibachis to mini-kettles. The round, shallow, uncovered grill your parents probably had in the backyard is called a brazier. Its cooking grid is only a few inches from the coals—perfect for burgers, steaks and anything that cooks up quick.

Gas vs. charcoal: a heated debate More and more people are turning to gas grills for their convenience. A charcoal grill takes up to forty minutes to heat up; a gas grill takes about seven. You don't have to fiddle with matches or lighter fluid, either; starting it is as simple as turning on the gas and pressing a button or twisting a knob. A spark ignites the burners, located under a bed of lava rocks; the flames heat the rocks, and the heat is distributed over the grilling surface. The most you have to do is remember to refill the fuel tank. Gas grills are also cheaper to run than their charcoal counterparts.

Nevertheless, most of us are still hot for charcoal grills. They cost less to buy, and, to many people, barbecued chicken just isn't the same without the outdoorsy flavor of charcoal. (See our recipes for grilled chicken, potato kabobs and ratatouille on page 152.) But even charcoal grills are subject to fads: The adventurous can forgo charcoal in favor of mesquite, hickory or alder wood chips—or briquettes made from almond shells—to give foods a distinctive taste.

Optimum options in a gas grill Most gas grills range from about $100 to $750. Deluxe lines offer features such as wood cabinets, thermometers, fuel gauges, built-in and fold-out shelves, and additional range-type burners with separate controls for cooking the rest of your meal while you grill. Some feature split-cooking grids (two or more adjustable racks), which are the easiest to clean. A few grills, such as the Arklamatic by Preway, have a self-cleaning function; they cost from $99 to $269. For those who want to keep it simple, Char-Broil makes a tabletop unit with disposable fuel cylinders and legs that fold into handles; it sells for $49.95. No matter how sophisticated or simple a model you opt for, you should look for the following features, according to the manufacturers of Weber grills: ■ Automatic igniters or easy-to-reach manual-lighting openings for safe, fast starting. ■ Two or more burners, to give you more control over cooking. ■ A gas tank that's easy to connect and remove. ■ A rustproof covering and a weather-resistant work surface. ■ A stainless-steel cooking grid for even cooking and easy cleaning.

Choosing the right charcoal grill Charcoal grills start at about $20. Here, some special purchasing tips. ■ For more cooking versatility, buy a grill with a cover. Look for models with adjustable grids or fire pans (which hold the coals). ■ If you're planning to barbecue at the park or the beach, buy a tabletop model, such as Weber's "Smokey Joe," which has removable legs, bowl and lid, and retails for about $29.95. ■ Consider a grill with wheels—you can easily move it into the garage. ▶

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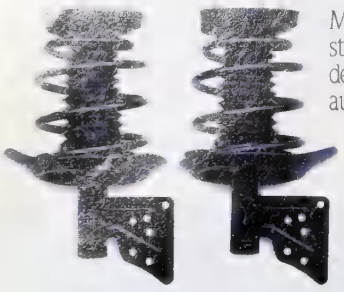
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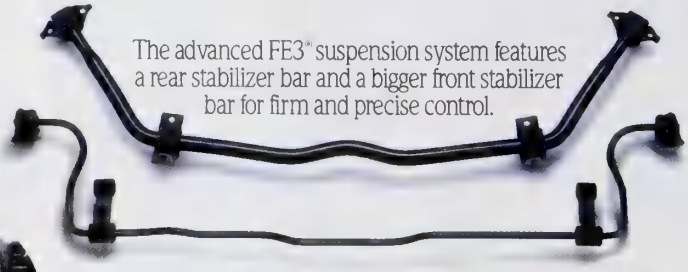




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The New Generation of Oldsmobile

Photo, middle left: Mark Heayn.

Sitting pretty

THE NEWEST BACKYARD FURNITURE IS BIG ON STYLE. CHOOSE FROM CLASSIC AMERICAN OR EURO-INSPIRED DECK SETS IN NATURAL WOOD AND WROUGHT IRON FOR YOUR PLACE IN THE SUN



Smith & Hawkins's market umbrella is the most elegant shade-maker we've seen! New in green. Details, P.S. 8



Adirondack chairs are classic summer seats—great for the beach when painted in rainbow shades, ideal for the deck in earthier hues like Conran's pine "Delta" chairs, right



This charming table-and-chair set will make you feel like you're basking in the sun at a little Italian outdoor café. From Smith & Hawkins



Just for kids, Playskool's new Sand & Water Activity Table brings the fun of creating sand castles to the backyard ▶



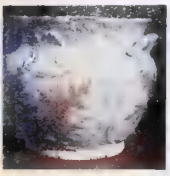
WHAT'S IT WORTH?

By June L. Johnson, ASA, and Pamela O'Brien



This cabinet has been in our family for years. It's in almost perfect condition. What can you tell me about it? **—Mrs. R. Ruland, Saddle Brook, New Jersey**

Your oak cabinet, dating between 1915 and 1925, appears to be for the storage of sheet music. It has what's known as a gallery rail around the top and a nice display of applied bead and carving on the door. This cabinet is worth approximately $250 to $350.



This ceramic piece was a gift from my mother. She says that it is one hundred years old. Can you give me any other information about it? **—Clifford B. Krall, Reseda, California**

Your white embossed and decorated piece is called a jardiniere (a flowerpot holder). It appears to be of Austrian or Continental origin from the late Victorian era—1890 to 1910. If the piece is in perfect condition, its value is approximately $80 to $100.



We found this antique parlor stove in a shop in Virginia City, Nevada. It originally belonged to the owners of an old mansion in the town, and until forty years ago, it was still being used. It has a marking on it identifying it as an Ione-No. 120. We are hoping to sell this stove, but we have no idea how much it's worth. Also, do you know of anyone who might be interested in buying such a piece? **—Mrs. William Gorman, San Carlos, California**

The cast-iron and nickel parlor stove that you bought looks to be in very good condition. In that case, its value is approximately $130 to $150. Unfortunately, I don't know of anyone who buys these stoves.

June L. Johnson, an appraiser in Prospect Heights, Illinois, is a senior member of the American Society of Appraisers.

"What's it Worth?" will feature appraisals of readers' antiques. Send a color slide (no photographs), plus any info you know about the object, to: Prime Shopper Appraisals, LHJ, 100 Park Avenue, New York, NY 10017. The Journal regrets that we are unable to appraise every item. Slides and letters will not be acknowledged or returned.

Where-to-buy guid

P.S. 1: Picnic Time basket is available at Jensen-Lew Seventh Avenue, New York, NY 10011. P.S. 2: Basis So available at Walgreen's, CVS, Osco Drugs, Long's and Emporium. P.S. 4-5: Rockport Shoes are availabl Bullock's Downtown, Los Angeles, CA; Bullock's South Plaza, CA; Bullock's Pasadena, CA; Bullock's Century CA; Chernin's, 606 West Roosevelt Road, Chicago. P. Smith & Hawkins's Green Market Umbrella with Sussex and Chairs and the Tuscan Folding Chairs and Tabl available through the Smith & Hawkins catalog. For information, call 415-383-2000. For more informatio Conran's Delta chair, call Conran's Habitat at 800-462-

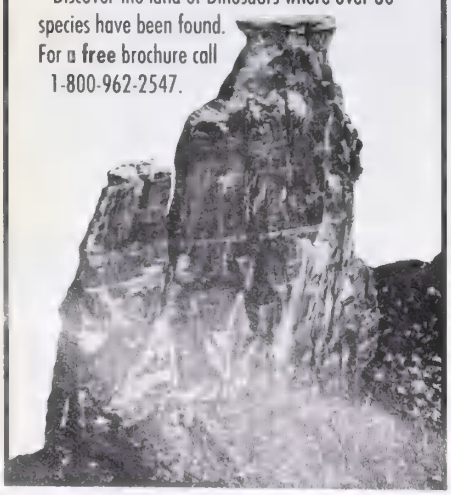
Product informatio

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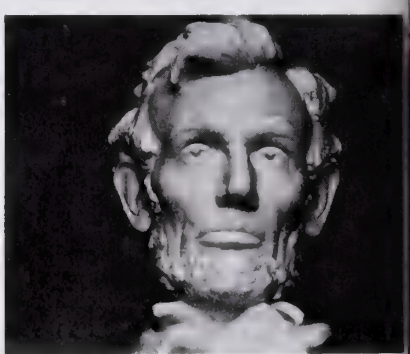


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- 1 (4-serving size) package *instant* vanilla flavor pudding mix
- 2 cups (1 pint) Borden® Whipping Cream, whipped
- 36 vanilla wafers
- 3 medium bananas, sliced and dipped in ReaLemon® Lemon Juice from Concentrate

In large bowl, combine sweetened condensed milk and water. Add pudding mix; beat well. Chill 5 minutes. Fold in whipped cream. Spoon *1 cup* pudding mixture into 2½-quart glass serving bowl. Top with one-third *each* of the wafers, bananas and pudding. Repeat layering twice, ending with pudding. Chill. Garnish as desired. Refrigerate leftovers.





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For each S'more, place the half Hershey bar and marshmallow on the graham cracker. Put these on paper towel and microwave on High 10 to 15 seconds or until marshmallow is softened. Top with another cracker; press slightly.



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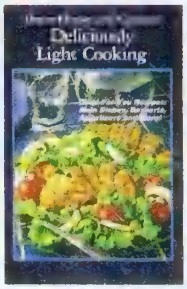
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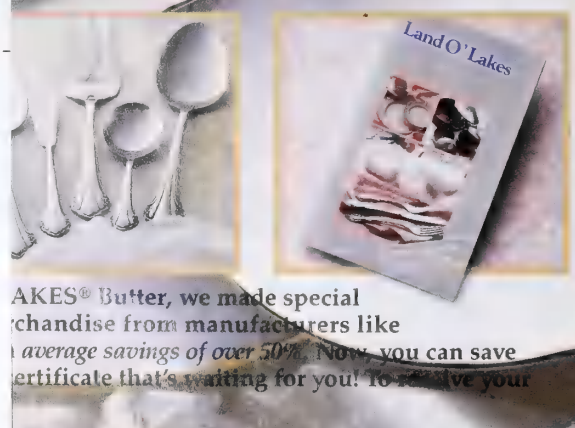
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I invited him
over for dinner.
He asked me
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PARENTHOOD

A special report on families today







The family is definitely fashionable again—although these days it comes in various shapes and sizes. Only 4 percent of America's sixty-five million families now fit the traditional sitcom stereotype of breadwinning dad, homemaking mom and two kids. Both Mom and Dad work in the majority of today's families (68 percent). Many are stepparents—in fact, experts predict that one third of all children born in the last decade will live with a stepfamily at some point. Almost one quarter of American children now live with only one parent; in nine out of ten cases, that means Mom.

Families have been tugged and pummeled by social pressures, ranging from divorce to drug addiction—and they have, dire forecasts to the contrary, survived and even prospered. Today, divorce is trending down and 70 percent of those who divorce remarry. Meanwhile, the ranks of families with kids have swelled, up 11 percent in the past two decades.

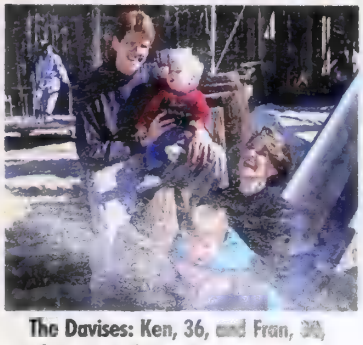
On the following pages, we salute the American family of the nineties—in all its strengths and complexities.

Making it all work

Bringing up kids was never easy, but today's family must cope with more challenges than ever before.

Some challenges have existed as long as families themselves: to raise decent, educated human beings, to lend succor and support. And some have arisen more recently: to protect youngsters from destructive influences like crack, and to cope with pressure-cooker jobs.

How, then, do today's mothers and fathers handle problems old and new? We spoke with families around the country who are making their demanding lives work with grace, imagination—and, of course, a lot of love. Here are their success stories.



The Davises: Ken, 36, and Fran, 36, of Cary, North Carolina, with Sean, 1, and Ryan, 4

"WE WORK DIFFERENT SHIFTS TO BE WITH THE KIDS."

"We're both nurses, and we work at two different hospitals on a swing shift," says Ken. "It's far from ideal, but for us, it was really the only answer. We felt very strongly that one parent should be home with the kids. We just didn't want to leave them with a baby-sitter every day.

"Fortunately, we get our schedules a few weeks in advance, so we can study them and see where the conflicts are. If necessary, we have grandparents nearby, plus two baby-sitters to call in an emergency. Some days, things get crazy around here. You have to prioritize, to tell yourself that there are going to be days when the laundry doesn't get done, you get hardly any sleep and grab dinner on the run. Time for us? You mean alone? Not as much as we'd like. But we have two healthy kids and wonderful jobs—down the road, nursing will allow us more flexible schedules. Often each of us feels like a single parent—but we try to stay positive."



Lillian, 29, and Manuel Abad, 34, and Steven, 6, live with her mother, Alex, 47, stepfather, Ali, 45, and sister Nancy, 18, in New York City. Sister Gladys, husband, Rolando, both 28, and Mallory, 5, live nearby

"WE'RE THREE GENERATIONS UNDER ONE ROOF."

"We've always been a very tight-knit family," says Lillian, a business manager for the Family and Work Institute. "We literally do everything together. We all love to cook, so after work, we might make dinner upstairs in Mother's apartment, then come down to my apartment to watch a movie and just hang out. On weekends, we all pile into one car and go to the mall. The key is that we really like each other, and we respect each other's privacy. I don't think you could live this close unless you do. I know I can always depend on my family to be there for me—but we also know when to sit back and let someone be."



John Marks, N.D., (his last name has been changed), 38, a naturopathic physician in Seattle, shares custody of Anna, 9, and Heidi, 8

"I SHARE CUSTODY OF MY GIRLS WITH MY EX-WIFE."

"My ex-wife and I have been sharing custody for almost five years," says John. "The logistics do get complicated—the girls live three and a half days with me, three and a half with their mother—and a favorite dress or special toy may be at

(continued)

Photos, clockwise from top: Luc Novovich/Gamma Liaison, Matthew McVay/Saba, Tory Chisholm.

"I'm throwing a party."

nfetti™ Cake
Frosting
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FAMILY LIFE

(continued) the other house just when it's most wanted here.

"My ex-wife and I negotiate; there's an understood empathy and compassion and a mutual support that's gotten better as we've become less angry and able to communicate as friends. It's ironic, but if joint custody is going to work, it has to have many of the same qualities as a good functioning marriage."



The Kingsleys: Emily, 50, a writer for *Sesame Street*; Charles, 61, a painting contractor; and Jason, 15, live in Chappaqua, New York

"WE LEARNED TO BE AN ADVOCATE FOR OUR CHILD."

"Having a kid with a disability is the best assertiveness-training course you can take," notes Emily Kingsley, whose son, Jason, was born with Down syndrome. "You learn quickly that if you don't fight for your kid, no one else will.

"Even now, many school districts have their feet firmly planted in the eighteenth century; they don't believe kids with Down syndrome can learn to read, so they don't even bother to teach them. We learned you can talk back to people in authority; you can find options. I'm passionately involved with my kid, but I never sacrificed my life, my job or our financial resources. Your child gives you strength, and that keeps you going."

"WE'RE NURTURING THE KIDS—AND OUR MARRIAGE."

"The kids are the focus of our lives now—with all four under seven, how can they not be?" says Marianne. "But we try to remember that they won't be the center of our lives fo ever. They'll grow up, maybe mo away, and I don't want to realize o morning that I'm sitting across t breakfast table from someone I do know anymore. So we nurture ou selves and our marriage as well nurturing the kids. It sounds corny, b we're really best friends. We talk."



The Joiners: Marianne, 35, George, 38, Marissa, 3, George IV, 5, Kara Lynn, 14 months, Erin, 6. They live in Georgia, Vermont

"WE'RE REDISCOVERING THE FAMILY."

"Technological advances have wreak havoc on the family," says Adric "Between TV, the VCR and vid games, you can be in the same hou all night and never talk."



Four clever way

GENERAL FOODS USA

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Lynda agrees. "We just turn off the
and the video, then we talk, read
d play board games.
"I quit work to be home with the
ls. I feel if I give my all now, I'll
nd them out in good shape and still
ve a lot of life to live for myself.
"We also take care of my nephew.
brother had custody, but that
ant Carlton had to spend a lot of
ie alone. Now my brother visits his
n here or Carlton goes there, and
eryone gets what they need."



la, 33, and Adrian Council, 33, live in New
ey with Adrian, Jr., 10, Stephen, 4, and their
hew Carlton Stephen, 10



The Westhoffs: John, 50, Pam, 43, Laura, 19, Kenneth, 22, Karl, 16, and Russell, 14, live in Shawnee, Kansas. Sheldon, 23, lives in California

"WE'RE TRYING TO MAKE ONE FAMILY OUT OF TWO."

"John and I assumed the kids would get along like everyone on *The Brady Bunch*," says Pam. "But for a long time we all felt like foreigners in our own home. It's not that the kids didn't like each other; they didn't know each other. There was a lot of anger and resentment. We moved to a new house, so no one could say, 'But we put our Christmas tree *here*.' We also let the children help establish the rules as well as the punishments, so everyone feels closer."



Anne McLaurin, 34, a maintenance crew member for California's Central Contra Costa Sanitary District, with Danny, 5, Dean, 7, and Elizabeth, 6

"I'M MAKING IT AS A SINGLE MOM."

"Being alone is hard—to have to do all the disciplining, all the caretaking, to not have another voice," says Anne. "When we have dinner, it's not an elegant affair. But I have developed an incredible extended family that just keeps growing, and they ease the burden. I have to take care of myself, too, so Thursday night is mine. I pay someone to pick up the kids and give them dinner while I get a manicure, go to a movie, see friends.

"I also attend parenting classes regularly. Not only do I get a lot of support, but I also feel like I'm growing in my relationship with my kids."



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Bringing up baby





Sugar and spice and everything nice, above: mint-green-and-white-striped wallpaper with a coordinating teddy-bear border and a few bright fabrics. Hanging a border at crib height brings the proportions of the room down to child size. Below: Shelves display favorite toys



Our adorable baby's room illustrates the best way to decorate befor your child is born. We eschewed pink and baby blue in favor of air white, accenting it with soft green and vivid shots of yellow and re Did you know that the color red is important for a child's development? According to Antonio F.. Torrice, who is trained in child psychology and early childhood development and is co-author of *In My Ro Designing For and With Children*, "A newborn can distinguish only black, white and gray. Within a week, she sees her first color—red. The infant reach out for that red object and start to develop perception skills." Thoug the crib, changing table and rocker will be replaced when the baby is olde we've stocked the room with investment pieces that will last through high school: a custom-made picket fence that conceals an unsightly radiator; a classic white dresser topped with a timeless candlestick lamp.

Room designed by B.J. Sharpe of Motif Designs. All wallpaper and fabric, "The Early Years . . . and Later On" by Mo Designs. All books, Eeyore's Books for Children. Rag rug and mohair throw, Sweet Nellie. Noah's Ark wall hanging an lamp, doll carriage and rocking horse, Lewis of London. Details, page 162.

HJ TEAMED UP WITH MOTIF DESIGNS TO CREATE A CHARMING BEDROOM THAT, WITH A FEW ASY AND INEXPENSIVE CHANGES, SUITS A CHILD FROM INFANCY THROUGH THE TEENAGE EARS. WE'LL SHOW YOU PRACTICAL PIECES AND ACCESSORIES TO BUY, AND REVEAL XPERT TIPS FOR PROVIDING A STIMULATING, EDUCATIONAL ENVIRONMENT. BY LINDA FEARS

A CHILD'S ROOM THAT GROWS





The makings of a wonderful little-girl's world, above and below: The border was replaced and hung higher to make the ceiling look loftier. When hanging things on walls, remember your child's eye level. The mirror is hung at the best height for a six-year-old

resto! Now our bedroom is perfectly suited for a six-year-old. What changed: the crib, to a white wrought-iron bed (impossible to outgrow!) embellished with a feminine floral quilt and fluffy ruffled pillows; the rocker, to a play table and pint-size chairs; the bear border, to a more vn-up country scene. We placed the colorful rag rug from the baby's room de the bed to cushion bare feet in the A.M. Torrice urges that a child be lved in the decorating and planning of her room, not only because she's the who has to live there, but because her involvement will help build self- em. Show your child a fan of colors and let her choose her favorite le. Then make sure that color appears in the room, even if on just one wall. ice also stresses that a child's room should be, above all, a place for ning—our easy-clean crafts table and easel nurture creativity and ression, and the pack of dolls and stuffed animals encourage fantasy play.

the Gazebo. Yellow bedding by Sheridan. Easel, clothing rack and picture frames, Personal Pursuit. All g, Cottontails. Radiator cover, Jessie's Woodworks.



THE TEEN SCENE: SEVEN YEARS LATER, IT'S TIME TO MAKE SOME MINOR CHANGES. THE ROOM REMAINS VERY PRACTICAL BUT ALSO REFLECTS A GREAT DEAL OF INDIVIDUAL STYLE





Above: the stuff teen dreams are made of. A blend of several patterns makes a room more interesting, but make sure there is at least one constant theme. Here, the fabric on the chair and ottoman matches the original striped wallpaper. Below: The baby's bookcase is just as handy as ever, displaying many of the same treasured childhood toys



All teenagers have definite ideas about what their rooms should look like, but our plan is sure to satisfy even the fussiest young lady. What makes the room all grown up? We turned the bed sideways for a sophisticated daybed look and topped it with a boldly striped comforter and loads of pillows; replaced the play-table set and easel with a decidedly adult upholstered club chair and ottoman; added a desk (not pictured); brightened the space with a big royal-blue rag rug; and installed a chair rail at bed level, left the striped paper below it and added amusing stars-and-hearts paper above. The new paper is purposely subtle to make way for the inevitable posters. Do loud posters on a prettily papered wall distress you? Torrice offers solid advice: Live with it. "Just as a preschooler takes pride in seeing her artwork displayed, a teen promotes a sense of self by showing off movie and rock-star posters." Our conversion is now complete—with little expense and lots of imagination, this room will be her great escape until she's off to college.

Bedding, Sheridan. Area rug, ABC Carpet & Home.

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The five biggest mistakes most parents make

FACE IT, NOBODY'S PERFECT. BUT OUR MISTAKES AS PARENTS ARE PERHAPS THE MOST PAINFUL, BECAUSE EVERYTHING WE DO WITH OUR KIDS SEEMS SO SIGNIFICANT. HERE'S WHAT FOLKS WHO'VE BEEN THERE CONSIDER THEIR WORST FAILINGS, PLUS HOW TO AVOID THEIR MISTAKES. BY ELLEN GALINSKY

All parents worry about how good a job they're doing: Will their children turn out to be selfish? Dishonest? Lazy? And the truth is, we really can't know the long-term effects of most of the actions we take as parents. But if we don't want to wait until our kids are grown to find out, we should look for clues in the experience of others. To find the most helpful advice, I conducted hundreds of seminars and individual interviews across the country with the parents of grown and almost-grown children. These experts spoke frankly—with all the clarity of hindsight, of course—about what they've learned as their kids have grown up and what they wish they'd done differently.

As I interviewed parents, certain patterns emerged. Over and over again, five key mistakes cropped up. Here, what moms and dads regretted most about their child-rearing methods, plus advice on how you can avoid making the same mistakes.



Elke Zimmer

MISTAKE #1: "I criticized too much."

■ "If there's one thing that always made me see red," confessed Susan, forty-three, an administrator at a Boston publishing house, "it was walking into the house at the end of a long day and finding food out on the kitchen counter and clothes strewn all over the living room. I couldn't seem to stop myself from lashing out with things like, 'You're such pigs! You make me sick.'"

■ "My son Josh was such a daydreamer," said Ed, forty-five, a sales manager for a printing company in Providence, Rhode Island. "I was always after him for idling around and playing video games. I wanted him to be more active. Josh's sister is a real athlete, and I always made unfavorable comparisons to her. Not only was my criticism ineffective, but I think I reinforced his laziness."

Parents often criticize their children in ways they'd never speak to an adult. "Can't you ever do anything right?" we admonish. But criticism that *(continued)*



Dirt Pie

1 cup cold milk
1 package (4-serving size) JELL-O® Chocolate Flavor Instant Pudding and Pie Filling
3½ cups (8 oz.) COOL WHIP® Whipped Topping, thawed
20 chocolate sandwich cookies, crushed
1½ cups "Rocks"*
1 packaged graham cracker pie crust

*Use granola chunks, chocolate chips, peanut butter chips, chopped peanuts, or a combination.

- **POUR** milk into medium bowl. Add pudding mix. Beat with wire whisk until well blended, 1 to 2 minutes. Let stand 5 minutes.
- **FOLD** in whipped topping. Stir 1 cup of the cookies and the "rocks" into pudding mixture. Spoon into pie crust.
- **SPRINKLE** with remaining cookies. Freeze until firm, about 4 hours. Garnish with gumdrop flowers, if desired.

With Cool Whip, your kids will love helping you make this Dirt Pie delicious. Dish after dish.

© 1990 Kraft General Foods, Inc.

(continued) strikes at a child personally instead of at the behavior can be devastating to her sense of confidence and self-esteem. Moreover, name-calling and words like "always" and "never" put labels on a child that probably won't change his behavior yet may well prove a self-fulfilling prophesy.

The solution suggested most often? Take a short time-out to collect your thoughts. Then direct your comments at the deed, not the doer: "I don't like it when food is left out. Please put everything back in the refrigerator so it doesn't spoil." Using "I" messages instead of "you" statements also prevents your child from feeling personally attacked. But be realistic. You will probably not get immediate or consistent results. Focus on the improvement rather than the inevitable lapses.

Comparing our kids to other children, as Ed did, is a particularly insidious form of criticism. While it may not be done in anger or disgust, it still erodes a child's self-esteem because it implies that the other child is capable while this one is not. Children have their own interests, their own styles. Some kids are active, others are reflective. Ed might have tried acknowledging his son's interest, even playing a video game with him, rather than simply trying to make him over into something that had more to do with Ed's desires than his son's talents.



MISTAKE #2: "I didn't really listen to what they were saying or tune in to their needs."

■ "I had my own agenda," admits Carolyn, forty-nine, a secretary for an accounting firm in St. Louis. "My kids are seventeen and twenty now, and I can see that I did a whole lot of talking but not a whole lot of listening to what was on their minds."

Carolyn recalls the time her son was in junior high and refused to do his homework. Week after week, he'd hand in incomplete papers and refuse to study. "I couldn't understand why he didn't apply himself, and I spent hours lecturing him about how his future depended on his getting good grades."

■ Nancy, forty-nine, from Cleveland, had another listening problem. A recent law school graduate and the mother of two teenagers, Nancy took everything her children did personally.

"I spent their whole childhood saying 'Don't touch' or 'Stop doing that'. When my preschooler pulled boxes of food out of my cupboards or splashed in the dog's water bowl, I knew he did it to make me crazy."

A successful parent remembers that kids have different needs and capabilities at different stages of development. For instance, Nancy could have saved herself—and her kids—a lot of pain if she'd only realized that her son was displaying a normal toddler's exuberance. Toddlers splash water and make messes. They climb on the back of sofas and dive-bomb the cushions. They scribble on walls with markers.

Now that her children are teenagers, Nancy realizes they were just acting their age, not conspiring to make her unhappy. Understanding that a child's behavior is appropriate, however, doesn't mean you have to condone it. Nancy could have said, 'Jed, if you want to play with water, let's go splash in the tub.' That would have met both her needs and his. She might also have moved off-limits items to a high shelf and put pots and pans on the lower shelves so that he could indulge his curiosity without doing any real damage.

Acknowledging the validity of a child's feelings is another key element of listening. When Carolyn's son said he hated school, she might have processed his comments in a nonjudgmental way: "You think school is pretty tough, huh?" This acknowledges children's feelings and almost always encourages them to open up. With more sensitive listening she might also have gotten a chance to work on the real problem, which, she learned later, was that her son was having difficulty in math.

MISTAKE #3: "Too often, I lost control and exploded in anger."

■ "I constantly screamed at my daughter or made sarcastic remarks," said Judy, a forty-three-year-old psychologist from New York City. "I vividly remember the night she went to a rock concert with a group of friends. She was fourteen then, and she had a ten-thirty P.M. curfew. At midnight I was frantic. By the time she walked through the door, two and a half hours late, I just walked up and slapped her in the face. Of course, that only made things worse. She didn't talk to me for days. Believe me, I knew my rage wasn't good for her, but I just couldn't stop myself."

■ "I had a very short fuse," says Laura, forty-three, a manager at a health-care corporation in Virginia Beach, Virginia. "I was very tired and very stressed out. And though I didn't mean to and tried hard not to, I would fly off the handle at the least little thing. If my six-year-old daughter didn't brush her teeth the first time I told her to, I'd hit the ceiling. Then she'd have a tantrum and the teeth wouldn't get brushed for an hour."

Until they have kids, most people cannot *(continued)*



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Antihistamines: No antihistamine sold over-the-counter can relieve your allergy symptoms... sneezing, runny nose, and itchy, watery eyes...without the risk of drowsiness.*

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Ask your doctor if it's right for you.

*Definition of "risk of drowsiness" is incidence greater than placebo (a sugar pill).
† The reported incidence of drowsiness with Seldane (5.8%) in clinical studies involving more than 11,000 patients did not differ significantly from that reported in patients receiving placebo (6.9%).
**Based upon worldwide prescription and distribution information (1986-1989)—data on file.

SEE BRIEF SUMMARY OF PRESCRIBING INFORMATION ON NEXT PAGE.

MDS-596 January, 1990

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Seldane®
(terfenadine) 60 mg tablets

...Federal law prohibits dispensing without prescription.

...(terfenadine) is available as tablets for oral administration. Each tablet contains 60 mg ...terfenadine. Tablets also contain, ... inactive ingredients: corn starch, gelatin, lactose, magnesium stearate, ... sodium bicarbonate.

INDICATIONS AND USAGE
Seldane is indicated for the relief of symptoms associated with seasonal allergic rhinitis such as sneezing, rhinorrhea, pruritus, and lacrimation.

CONTRAINDICATIONS
Seldane is contraindicated in patients with a known hypersensitivity to terfenadine or any of its ingredients.

PRECAUTIONS
Information for patients
Patients taking Seldane should receive the following information and instructions. Antihistamines are prescribed to reduce allergic symptoms. Patients should be questioned about pregnancy or lactation before starting Seldane therapy, since the drug should be used in pregnancy or lactation only if the potential benefit justifies the potential risk to fetus or baby. Patients should be instructed to take Seldane only ... needed and not to exceed the prescribed dose. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat or direct sunlight, and away from children.
Carcinogenesis, mutagenesis, impairment of fertility
Oral doses of terfenadine, corresponding to 63 times the recommended human daily dose, in mice for 18 months or in rats for 24 months, revealed no evidence of tumorigenicity. Microbial and micronucleus test assays with terfenadine have revealed no evidence of mutagenesis.
Reproduction and fertility studies in rats showed no effects on male or female fertility at oral doses of up to 21 times the human daily dose. At 63 times the human daily dose there was a small but significant reduction in implants and at 125 times the human daily dose reduced implants and increased post-implantation losses were observed, which were judged to be secondary to maternal toxicity.
Pregnancy Category C
There was no evidence of animal teratogenicity. Reproduction studies have been performed in rats at doses 63 times and 125 times the human daily dose and have revealed decreased pup weight gain and survival when terfenadine was administered throughout pregnancy and lactation. There are no adequate and well-controlled studies in pregnant women. Seldane should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.
Nonteratogenic effects
Seldane is not recommended for nursing women. The drug has caused decreased pup weight gain and survival in rats given doses 63 times and 125 times the human daily dose throughout pregnancy and lactation. Effects on pups exposed to Seldane only during lactation are not known, and there are no adequate and well-controlled studies in women during lactation.
Pediatric use
Safety and effectiveness of Seldane in children below the age of 12 years have not been established.
General
Consideration should be given to potential anticholinergic (drying) effects in patients with lower airway disease, including asthma.

ADVERSE REACTIONS
Experience from clinical studies, including both controlled and uncontrolled studies involving more than 2,400 patients who received Seldane, provides information on adverse experience incidence for periods of a few days up to six months. The usual dose in these studies was 60 mg twice daily, but in a small number of patients, the dose was as low as 20 mg twice a day, or as high as 600 mg daily.
In controlled clinical studies using the recommended dose of 60 mg b.i.d., the incidence of reported adverse effects in patients receiving Seldane was similar to that reported in patients receiving placebo. (See Table below.)

ADVERSE EVENTS REPORTED IN CLINICAL TRIALS

Adverse Event	Percent of Patients Reporting				
	Controlled Studies*			All Clinical Studies**	
	Seldane N=781	Placebo N=665	Control N=626***	Seldane N=2462	Placebo N=1478
Central Nervous System					
Drowsiness	9.0	8.1	18.1	8.5	8.2
Headache	6.3	7.4	3.8	15.8	11.2
Fatigue	2.9	0.9	5.8	4.5	3.0
Dizziness	1.4	1.1	1.0	1.5	1.2
Nervousness	0.9	0.2	0.6	1.7	1.0
Weakness	0.9	0.6	0.2	0.6	0.5
Appetite Increase	0.6	0.0	0.0	0.5	0.0
Gastrointestinal System					
Gastrointestinal Distress (Abdominal distress, Nausea, Vomiting, Change in Bowel habits)	4.6	3.0	2.7	7.6	5.4
Eye, Ear, Nose, and Throat					
Dry Mouth/ Nose/Throat	2.3	1.8	3.5	4.8	3.1
Cough	0.9	0.2	0.5	2.5	1.7
Sore Throat	0.5	0.3	0.5	3.2	1.6
Epistaxis	0.0	0.8	0.2	0.7	0.4
Skin					
Eruption (including rash and urticaria) or itching	1.0	1.7	1.4	1.6	2.0

*Duration of treatment in "CONTROLLED STUDIES" was usually 7-14 DAYS.
**Duration of treatment in "ALL CLINICAL STUDIES" was up to 6 months.
***CONTROL DRUGS: Chlorpheniramine (291 patients), d-Chlorpheniramine (189 patients), Clemastine (146 patients)

In addition to the more frequent side effects reported in clinical trials (See Table), adverse effects have been reported at a lower incidence in clinical trials and/or spontaneously during marketing of Seldane that warrant listing as possibly associated with drug administration. These include: alopecia, (hair loss or thinning), anaphylaxis, angioedema, arrhythmia (including ventricular tachyarrhythmia, torsade de pointes and ventricular fibrillation), bronchospasm, confusion, depression, galactorrhea, hypotension, insomnia, menstrual disorders (including dysmenorrhea), musculoskeletal symptoms, nightmares, palpitation, paresthesia, photosensitivity, prolonged QT interval, seizures, sweating, syncope, tachycardia, tremor, urinary frequency, and visual disturbances. In clinical trials, several instances of mild, or in one case, moderate transaminase elevations were seen in patients receiving Seldane. Mild elevations were also seen in placebo treated patients. Marketing experiences include isolated reports of jaundice, cholestatic hepatitis, and hepatitis; in most cases available information is incomplete. In neither the clinical trials nor marketing experience is a causal relationship of liver abnormalities to Seldane clear.

OVERDOSAGE
Information concerning possible overdosage and its treatment appears in Full Prescribing Information.

DOSAGE AND ADMINISTRATION
The usual dosage for adults and children 12 years and older is 60 mg (1 tablet) twice daily.
Product Information as of January, ...
Y460D

MERRELL DOW PHARMACEUTICALS INC.
Cincinnati, Ohio 45215, U.S.A.
Merrell Dow

U.S. Patent 3,878,217
Other patent applications pending

FAMILY LIFE

(continued) fathom how they can feel such rage at someone they love so much. The truth is that all parents, even the best, get furious at their children from time to tim Children who are repeatedly yelled at, though, learn to think that this is an appropriate way to handle feelings, a they lose confidence in their ability to deal with frustratio any other way.

The way you express anger is critical if you want to change your child's negative behavior and keep lines of communication open. One way to do that is to recognize why you're feeling the way you are and then develop a ritual for breaking that cycle.

Over the years, Judy learned to pretend she was being videotaped. "It's a way for me to monitor and control my actions," she says. Other parents report that taking a shower or calling a friend helps.

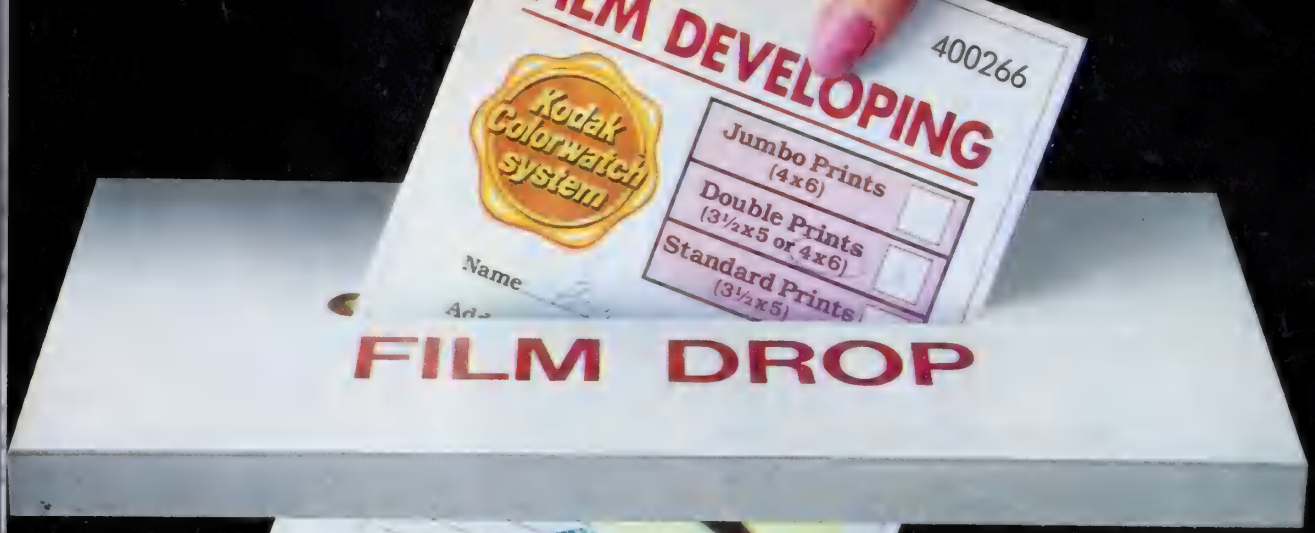
If Laura had examined what was going on between h and her daughter, she'd have realized that she was locke



in a struggle for power that nobody was winning. Her constant anger actually reinforced her daughter's negati behavior. Laura's explosions made her daughter feel humiliated and less likely to cooperate. A parent must simply withdraw from this no-win situation, then state clearly the behavior she expects. Laura needed to think through the potential hot spots for her anger, which tended to focus on bedtime routines. She planned how many times she would request her daughter to do something before imposing a logical consequence—say, an earlier bedtime the following night.

MISTAKE #4: "I didn't spend enough time with my kids."

■ "I guess I thought kids needed time with their parents when they were little—but not so much later on," said Leslie, fifty-two, from Salt Lake City, whose daughter, Caitlin, is now twenty-six. Once her daughter *(continue*



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Colorwatch seal, great color. No seal, who knows?



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Antiseptics are irritants. That's a scientific fact.

That means they also kill healthy skin cells as they kill infection-causing bacteria.

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And clinical tests prove that Polysporin is less irritating than the leading antiseptic liquid and spray.

So fight infection with less irritation...with Polysporin.

After all, when someone in your family gets a scrape or scratch, they're probably irritated enough.



The gentler way to fight infection.

■ BIGGEST MISTAKES
continued

began school, Leslie almost imperce tibly pulled away, becoming mo and more involved in volunteer ar social activities. When Caitlin was teenager there seemed to be little tin for chats or for simply being togethe "I really thought she needed space said Leslie. "But now I see I shou have been there for her. Now there an emotional distance that I don't thi we'll easily bridge," Leslie admits.

■ "I tried so hard to be the perfe mom," recalls Linda, forty-nine, fro Raleigh, North Carolina. "I was hon all day with my three kids, and wanted everything to be just so. Bu realize now that I was consume with the logistics of things—makir sure their clothes were ironed, th they had hot meals every day, co pooling them to all their activities think I spent too much time *on* my kic not enough simply being *with* them."

The feeling that you weren't the when your child needed you is pe haps the most painful self-judgme a parent can make. But parents spoke to underscored the fact th spending time with your kids doesn mean renouncing time for yourse nor does it mean giving up a job stay home full-time. In fact, Jeann forty-eight, from upstate New Yor an at-home mother of a ninetee year-old and a twenty-one-year-ol points out: "Spending time on you self is an investment in your kids, to It refreshes and renews you, so yo can really give to your children."

At one seminar I conducted th included teenagers, these kids co firmed that time spent with Mom an Dad was important—but it didn't hav to be endless. One teen recalled th her mother set aside a half ho before bedtime as their special tim for playing cards, making up wo games, telling stories or simply beir together. Another remembered doin his homework at the kitchen tab while his mother sat across from hi with her office paperwork.

MISTAKE #5: "I didn't allo them to make mistakes."

■ "If one of my kids forgot a mus

ok or their homework, I'd rush it ht over to school," recalls Suzie, of ami Lakes, Florida. "I never really ve them a chance to remember on ir own or, for that matter, to real- that even if they forgot, it wasn't e end of the world."

"I was always planning their lives wn to the last millisecond," admits ula, forty-four, a former social rker from New York City and the ther of two girls. "If either one said e was bored, I'd leap in with anoth- activity. I hardly gave them a ance to think for themselves."

Just as being a parent means mak- mistakes, so, too, does growing Of course, parents walk a fine e between protecting their chil- n and letting them face chal- ges and overcome problems. The is to give them enough protec- n so they feel safe, but not so much t they feel incapable. For in- nce, if Suzie hadn't raced to ool with her child's homework, teacher might have scolded the l. But that would not have been a gedy, and the child might have gun to take responsibility for her n homework.

Too often, parents discourage their ldren by either scripting their lives completely that they never develop ir own resources, or denigrating choices their children make. For tance, Paula never gave her ughters a chance to discover some- ng that would hold their interest. e was too quick to do all the think- for them. With her daughters, Pau- might have written out an "I'm ed" list of things to do that they ld check out whenever they felt re was nothing to occupy them.

The key lesson we must learn about king mistakes is to acknowledge t we've made them. If our kids see admit we made a wrong move and nbled, if they see us pick ourselves and change course, we've gone a g way toward helping them find right road.

But even parents who wished they'd ndled their children differently me in retrospect to recognize that ny of their problems resulted from unrealistic belief—that they were totally responsible for molding character. In fact, most of these parents now see that though they were certainly influential in their children's lives, they couldn't change the child's basic personality. Every child is born with what psychologists call temperament, his or her particular style of responding to experiences. For example, parents can either encourage or stifle a shy child—but they cannot erase the innate trait.

The people I spoke with had also come to realize that just as their children had a unique way of responding, they, too, brought singular styles of parenting to the relationship. Conflict between parent and child was more often a function of whether their styles meshed or clashed than of any specific action the parents took.

To ease the friction, Suzie, the mother from Miami Lakes, suggests a regular review of your child-raising techniques. Take a mental inventory of what you're happy with and where you think there's room for improvement. "That way," she adds, "you won't spend your life saying, 'I wish I had.' You'll make changes now instead of thinking about it tomorrow."

Ellen Galinsky is co-president of the Families and Work Institute in New York City and the co-author of "The Preschool Years" (Times Books, 1988).



10 reasons to give a kid a hug



She watered the plants for you . . . and the table . . . and the antique rug . . . and the hardwood floor.

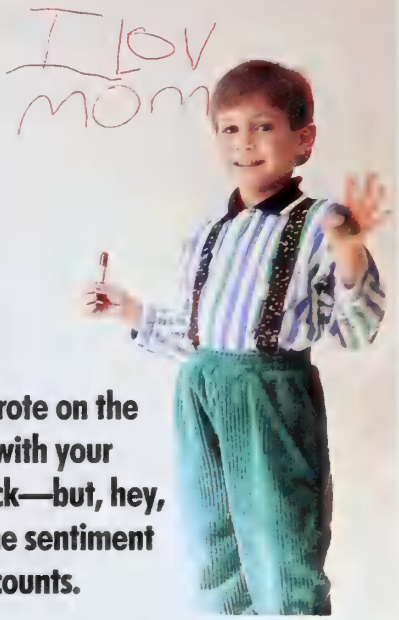
YOU CAME HOME TO FIND YOUR GARDEN WEEDED . . . AND YOUR PRIZE RANUNCULUS NEATLY BAGGED FOR THE TRASH.

Well, you said she could wear the blouse if she'd promise to wash it afterward.



KNOW THERE ARE TIMES WHEN YOU REALLY WANT TO
)LD YOUR CHILDREN OR EVEN SWAT THEM. BUT
NG A GOOD MOM IS OFTEN AS MUCH ABOUT WHAT
J DON'T DO AS WHAT YOU DO. HERE ARE TEN OF
)SE MOMENTS WHEN YOU COUNT TO TEN AND GIVE A
G—INSTEAD OF A HARANGUE. BY MARY MOHLER





He wrote on the wall with your lipstick—but, hey, it's the sentiment that counts.

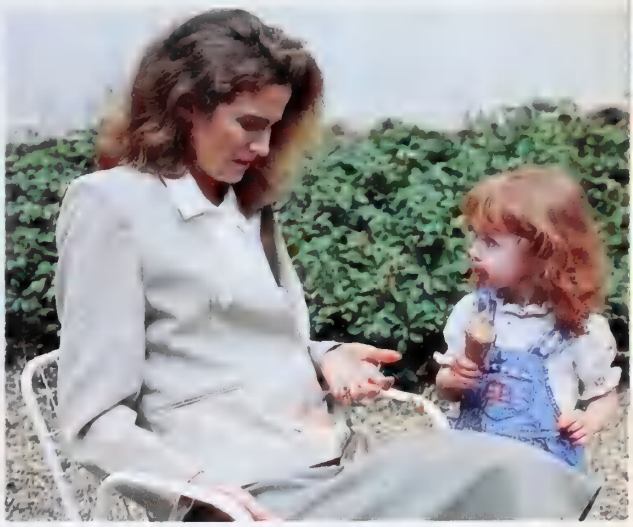
ess what I did,
n," he said, and
asked if he
d borrow a hoop!





HE DID THE HOMEWORK. HE STUDIED. HE WROTE THE PAPER. AND HE STILL CAME HOME WITH C'S.

He remembered to feed the dog . . . but there went the T-bone you were planning to have for dinner.



"Don't you want to have a lick of my ice cream, Mommy . . . oops!"



"Good morning, Mommy. Daddy told us you weren't feeling so good . . . so we brought you some breakfast in bed."

JUST BECAUSE. WHO EVER SAID A MOM NEEDS A SPECIAL REASON TO GIVE HER KIDS A HUG.

Now The Change Of Life Doesn't Have To Change Yours.

Today, turning 50 doesn't mean you have to look or feel "middle aged." Throughout the menopausal years you can, and should, expect to be as vital, healthy and attractive as ever, free from the symptoms that can disrupt your life.

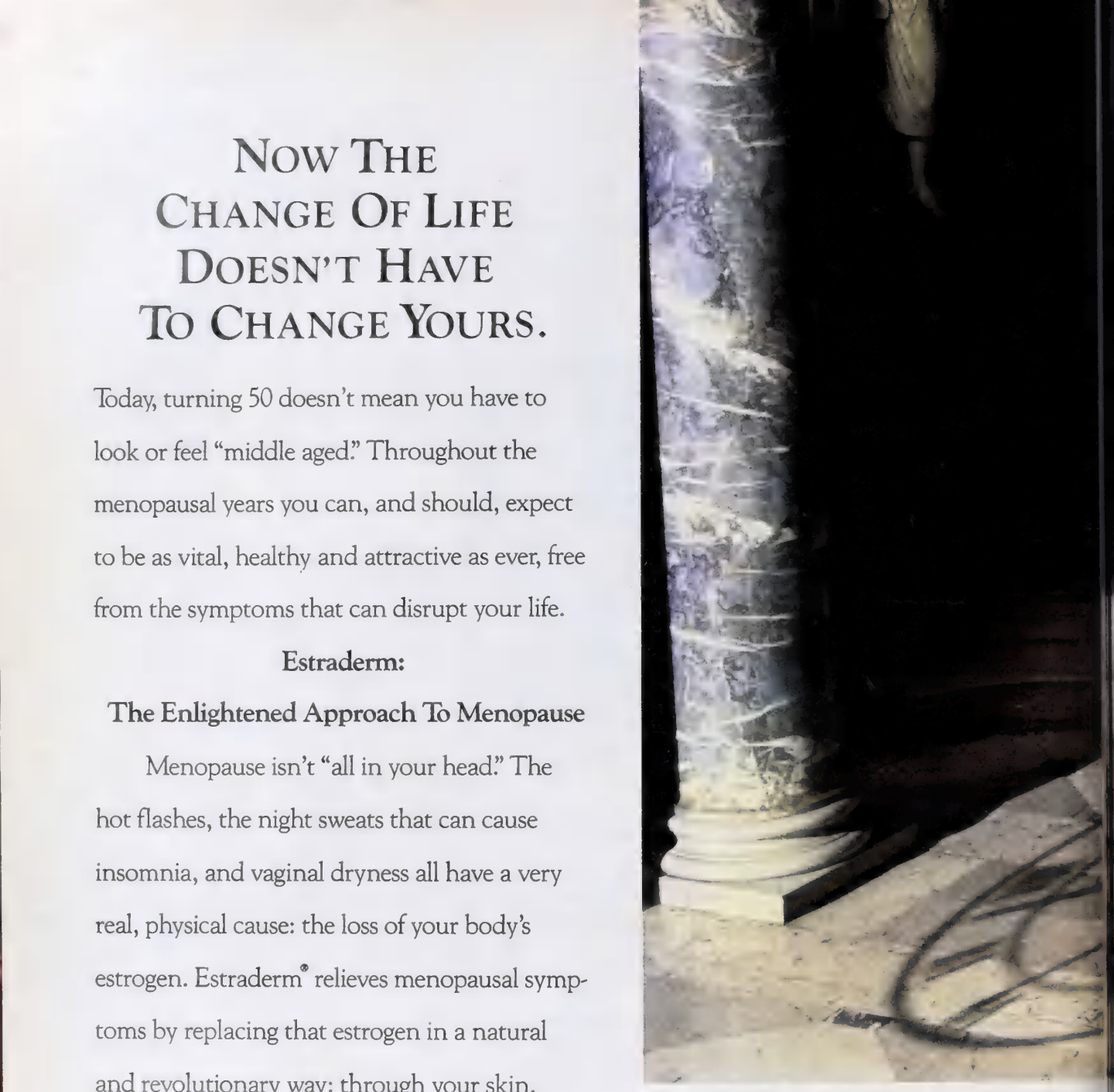
Estraderm:

The Enlightened Approach To Menopause

Menopause isn't "all in your head." The hot flashes, the night sweats that can cause insomnia, and vaginal dryness all have a very real, physical cause: the loss of your body's estrogen. Estraderm® relieves menopausal symptoms by replacing that estrogen in a natural and revolutionary way: through your skin.

Estraderm Works The Way Your Body Does

Estraderm is a clear, round patch that delivers small, steady doses of natural estrogen similar to the way your ovaries did before menopause: directly into your bloodstream. It is the same estrogen your body produced and because you don't ingest it, Estraderm bypasses your liver and your stomach. Estraderm is easy to apply and stays put during bathing.



What To Ask Your Doctor About Estrader

Estraderm is being used safely and effectively by millions of menopausal women. To lea whether it would benefit you, here are some questions you might want to ask your doctor:

Q: Is the Estraderm Patch right for me?



What are the benefits of Estraderm?

Can Estraderm help relieve vaginal dryness?

How long will I need to wear the The Patch?

A Free Menopause Information Pack

The pharmacists and physicians at CIBA
've compiled the latest information about your
lth during menopause. To receive it free, call
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LH-15

ESTRADERM®

ESTRADIOL TRANSDERMAL SYSTEM

available in 0.05 mg. and 0.1 mg. strengths.

For brief summary information on Estraderm, see next page.

ESTRADERM®

estradiol transdermal system

Continuous delivery for twice-weekly application.
BRIEF SUMMARY OF PRESCRIBING INFORMATION.
PLEASE SEE FULL PRESCRIBING INFORMATION.

ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA.

Three independent case control studies have reported an increased risk of endometrial cancer in postmenopausal women exposed to exogenous estrogens for more than 1 year. This risk was independent of the other known risk factors for endometrial cancer. These studies are further supported by the finding that incidence rates of endometrial cancer have increased sharply since 1969 in eight different areas of the United States with population-based cancer-reporting systems, an increase which may be related to the rapidly expanding use of estrogens during the last decade.

The three case control studies reported that the risk of endometrial cancer in estrogen users was about 4.5-13.9 times greater than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least a semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration; it therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persistent or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses.

ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.

The use of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case control study estimated a 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to sex hormones (oral contraceptives, hormone withdrawal tests for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female sex hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

INDICATIONS AND USAGE

Estraderm is indicated for the treatment of the following: moderate-to-severe vasomotor symptoms associated with menopause; female hypogonadism; female castration; primary ovarian failure; and atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae.

CONTRAINDICATIONS

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast;
2. known or suspected estrogen-dependent neoplasia;
3. known or suspected pregnancy (see Boxed Warning);
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders;
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use.

WARNINGS

1. *Induction of Malignant Neoplasms.* Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although a recent long-term follow-up of a single physician's practice has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal mammograms.

2. *Gallbladder Disease.* A recent study has reported a two- to threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

3. *Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives.* There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women.

a. *Thromboembolic Disease.* It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of retinal thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives. If feasible, estrogen should be discontinued at least 4 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors or who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with a history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk.

b. *Hepatic Adenoma.* Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

c. *Elevated Blood Pressure.* Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use, especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

d. *Glucose Tolerance.* A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

4. *Hypercalcemia.* Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

PRECAUTIONS

General

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as a cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.

2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., asthma, epilepsy, migraine, and cardiac or renal dysfunction).

3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.

4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.

5. Studies of the addition of a progestin for 7 or more days of a cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.

6. Oral contraceptives appear to be associated with an increased incidence of mental depression. Although it is not clear whether this is due to the estrogenic or progestogenic component of the contraceptive, patients with a history of depression should be carefully observed.

7. Preexisting uterine leiomyomata may increase in size during prolonged estrogen use. If this occurs, estrogen therapy should be discontinued while the cause is investigated.

8. In patients with a history of jaundice during pregnancy, there is an increased risk that jaundice will recur with the use of estrogen-containing oral contraceptives. If jaundice develops in any patient receiving estrogen, the medication should be discontinued while the cause is investigated.

9. Estrogens may be poorly metabolized in patients with impaired liver function and should be administered with caution in such patients.

10. Because the prolonged use of estrogens influences the metabolism of calcium and phosphorus, estrogens should be used with caution in patients with metabolic bone disease associated with hypercalcemia and in patients with renal insufficiency.

Information for Patients

See Patient Package Insert.

Drug/Laboratory Test Interactions

The results of certain endocrine and liver function tests are affected by estrogen-containing oral contraceptives. The following changes have been observed with large doses of estrogen:

1. increased sulfobromophthalein retention;
2. increased prothrombin time; increased factors VII, VII and X; decreased antithrombin 3; increased norepinephrine-induced platelet aggregability;
3. increased thyroxine-binding globulin (TBG), leading to increased circulating total thyroid hormone (T_4) as measured by column or radioimmunoassay; free T_3 resin uptake decreased, reflecting the elevated TBG; free T_4 concentration is unaltered; TBG was not affected in clinical trials with Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid concentration, and decreased pregnanediol excretion.

The pathologist should be informed that the patient is receiving estrogen therapy when relevant specimens are submitted.

Carcinogenesis, Mutagenesis, Impairment of Fertility

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver.

Pregnancy Category X

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

Nursing Mothers

As a general principle, the administration of any drug to nursing mothers should be done only when clearly necessary since many drugs are excreted in human milk.

ADVERSE REACTIONS

See WARNINGS and Boxed Warning regarding potential adverse effects on the fetus, induction of malignant neoplasms, increased incidence of gallbladder disease, and adverse effects similar to those of oral contraceptives, including thromboembolism.

The most commonly reported adverse reaction to Estraderm in clinical trials was redness and irritation at the application site. This occurred in about 17% of the women treated and caused approximately 2% to discontinue therapy. Reports of rash have been rare.

The following additional adverse reactions have been reported with estrogenic therapy, including oral contraceptives:

Genitourinary System: Breakthrough bleeding, spotting, change in menstrual flow; increase in size of uterine fibromata; change in cervical erosion and amount of cervical secretion.

Endocrine: Breast tenderness, breast enlargement.

Gastrointestinal: Nausea, vomiting; abdominal cramps, bloating; cholestatic jaundice have been observed with estrogen therapy.

Eyes: Steepening of corneal curvature; intolerance to contact lenses.

Central Nervous System: Headache, migraine, dizziness.

Miscellaneous: Change in weight, edema, change in libido.

HOW SUPPLIED

Estraderm 0.05 (estradiol transdermal system)—each system contains 4 mg of estradiol USP for nominal delivery of 0.05 mg of estradiol per day

Patient Calendar Pack of 8 Systems .....NDC 0083-2
Carton of 6 Patient Calendar Packs of 8 Systems .....NDC 0083-2
Carton of 1 Patient Calendar Pack of 24 Systems .....NDC 0083-2

Estraderm 0.1 (estradiol transdermal system)—each system contains 8 mg of estradiol USP for nominal delivery of 0.1 mg of estradiol per day

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Carton of 1 Patient Calendar Pack of 24 Systems .....NDC 0083-2
*See DESCRIPTION.

Do not store above 86°F (30°C).

Do not store unpouched. Apply immediately upon removal from the protective pouch.

Printed in U.S.A. C88-23 (Rev

CIBA

CIBA Pharmaceutical Company
Division of CIBA-GEIGY Corporation
Summit, New Jersey 07901

109-9

The Bold Spirit of American Indian Youth



- 24K gold rim
- Actual size: 8½"
- Limited-edition plate

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For centuries, American Indians have lived in harmony with nature—showing great respect for the wildlife of their native land. From early childhood, they learn to admire each creature for its God-given talents of flight, strength or agility.

Now Gregory Perillo — today's reigning master of Native American art — presents a deeply moving portrait of an Indian child and a Golden Eagle, entitled "Protector of the Plains." This vivid painting captures the dignity and courage of two "proud young spirits" — the innocent child and the striking bird of prey.

Wearing his traditional feathered headdress and fringed buckskins, this Sioux Indian child represents the free spirit of many generations. Behind him stands the most regal of all North American birds: a strong and imposing creature with a wingspan of more than seven feet.

"Protector of the Plains" is an important new series of Gregory Perillo originals entitled *Proud Young Spirits*. Each 8½" plate will be adorned by a 24K gold rim, and certified and hand-numbered on its reverse, attesting to its status as part of the edition limited to 14 firing days.

Protector of the Plains

by Perillo

As an owner of "Protector of the Plains," you have the right — *not the obligation* — to acquire each issue in the collection, as presented to you at *no risk*. The Hamilton Collection *100% Buy-Back Guarantee*, provides you may return any plate within 30 days for a full refund.

As a Gregory Perillo landmark issue, "Protector of the Plains" stands to attract strong competition — Perillo's 1986 "Brave and Free" plate commands more than three times its original price. Applications will be processed in order of receipt, so return your reservation today! ©1990 HC

Respond by: June 30, 1990

Limit: Two plates per collector

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I need send no money now. I will be billed for my plate(s) prior to shipment.

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*FL residents add $1.77; CA residents add $1.84; IL residents add $2.07 per plate for state sales tax. *All applications must be signed and are subject to acceptance. Please allow 6-8 weeks from receipt of your application for shipment.*

The Hamilton Collection

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MEDINEWS

To help you and your family stay healthy.
By Sally Squires

Upper-body fat and breast cancer

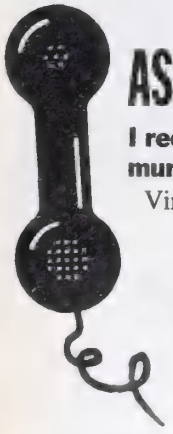
Women who carry extra pounds on or above the waist may have a higher-than-average risk of developing breast cancer, experts say. Researchers at the H. Lee Moffitt Cancer Center at the University of South Florida, in Tampa, found that women whose waistlines aren't much smaller than their hips (women with 30-inch waists and 35-inch hips, for instance) were up to six times more likely to develop the disease than women whose excess fat was concentrated in their hips, thighs and buttocks. The researchers say this finding is so significant that they now recommend making women's waist-to-hip ratios part of overall breast-cancer-risk assessment. They believe that women with heavy upper bodies should be specially targeted for weight reduction. The experts say there is some good news: It's somewhat easier to shed upper-body than lower-body fat.

The estrogen-cholesterol connection

We know that estrogen-replacement therapy (ERT), usually given to relieve the discomforts of menopause, can also lessen a woman's chances of developing heart disease and osteoporosis. Now it seems that ERT may also help postmenopausal women reduce their cholesterol levels. Ernst J. Schaefer, M.D., professor of medicine at Tufts University School of Medicine, in Boston, studied about two hundred women and found that those on ERT for at least one month had overall cholesterol levels that were an average of twenty points lower than those of women who did not receive ERT. In addition, women on ERT had lower levels of LDL, which is considered to be a bad form of cholesterol, than the control group. They also had *higher* levels of HDL, a protective form of cholesterol.

However, some studies have shown that ERT may increase the risk of breast cancer and other health problems in some women. So it's extremely important to thoroughly discuss the pros and cons of ERT with your doctor.

Sally Squires, a health writer at the Washington Post, is also co-author of the book "The Stoplight Diet for Children" (Little, Brown, 1988).



ASK THE DOCTOR

I recently took my six-year-old son to a new pediatrician and was told that he has an "innocent heart murmur." My own pediatrician never mentioned this. What does this mean? Is it dangerous?

Virtually every child will have a heart murmur if you listen closely enough. The important thing is to tell which murmurs are associated with disease: The doctor found your child's murmur innocent, hence not associated with disease or with any shortening of life or limitation of activity. —John Tilelli, M.D.

I always spray my kids with insect repellent in the summer; now a friend of mine says there's a chemical in it that's bad for them. Is that true?

Most bug sprays and creams contain a chemical known as DEET, which repels insects. Usually it is quite harmless. It may occasionally cause a rash on sensitive skin, and if inhaled by children with asthma, respiratory irritation and wheezing. The only considerable hazard with DEET would be accidental ingestion. As with all medications, keep DEET out of the reach of children. If you suspect your child has swallowed an insecticide, call your local poison control center or the National Pesticide Hotline, 800-858-7378. —J.T.

I'm giving birth to a baby boy in August. I'd heard that circumcision is medically unnecessary, but I've been reading lately that uncircumcised males have more infections. What are the pros and cons?

There are few medical facts of significance to marshall for one side or another. Opponents point out that, as with any surgery, there is danger of infection with improper care. There is also the question of physical trauma to the infant. (Circumcisions once were routinely performed without anesthesia; these days, local anesthesia is available on request.) Those who favor circumcision note that uncircumcised males who do not practice good hygiene are susceptible to certain infections (though there is no evidence that a circumcised male is any less likely to acquire or transmit a venereal disease). In addition, studies have shown that circumcised men contract cancer of the penis at a much lower rate than uncircumcised males, but this is a relatively rare cancer anyway. The bottom line is that the medical risks and benefits are small, so let instinct and culture help guide you in this decision. —J.T.

Got a question about your child's health? Ask the doctor on the Pediatric Healthline at the Arnold Palmer Hospital for Children and Women, in Orlando, Florida. Call 800-727-9434 any Tuesday between six P.M. and nine P.M. EST. The Pediatric Healthline for June is sponsored by The Clorox Company.



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Lemon Fresh Clorox Liquid Bleach

Clorox Bleach Makes Your Wash
Clean Fresh & Wonderful

Weight Watchers exclusive

GET YOUR BODY READY FOR THE BEACH



After photos, Nesti Mendoza; before photos, John Mahr.

By Ellie Grossman

Summer is almost here—time to work off those extra pounds that seem to creep on every winter without our noticing it. The flab is easy enough to disguise under bulky sweaters and coats, but come bathing-suit season, it becomes hard to hide.

Is *your* body ready for the beach? Last April, *Ladies' Home Journal* put that question to women attending Weight Watchers classes. Three of them took us up on our challenge: Can you lose enough by the beginning of summer to be photographed in a swimsuit? To help our contestants exorcise their excess, the New York Health and Racquet Club provided free access to its facilities. And we promised a designer swimsuit to those who slimmed down by June 22. All three made it, and their success stories are sure to inspire your own spring shape-up program. Meet our winning losers:



CYNTHIA MANSON

WEIGHT: 149 lbs.
GOAL: 141 lbs.

"It took me three months to lose ten pounds. I have only eight more to go, but it's agony," groaned Cynthia, thirty-three, when she accepted our challenge. Married and a director of marketing at a Manhattan publishing company, Cynthia was finding it hard to stay motivated. "Tall people like me [she's five feet ten inches] who look good in clothes don't get much encouragement to diet. My husband, Jeff, was always happy with my weight, and even my mother thought I looked fine the way I was. Still," she continues, "I was always self-conscious when I wore a bathing suit."

It wasn't until January 1989 that Cynthia took action *(continued)*

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OFFICIAL RULES—NO PURCHASE NECESSARY. 1. You are automatically entered in BLUE DIAMOND'S HEALTH NUT SWEEPSTAKES by filling out and redeeming the store coupon in this advertisement by September 30, 1990. 2. If you do not wish to redeem the coupon, but want to enter the sweepstakes, you can enter by handprinting your name, address, and phone and the words "HEALTH NUT" on a plain 3" x 5" piece of paper. Mail your entry to: BLUE DIAMOND'S HEALTH NUT SWEEPSTAKES, P.O. Box 3475, Syosset, NY 11775-3475. Enter as often as you wish, but each entry must be mailed separately and received by September 30, 1990. Mechanically reproduced entries will not be accepted. 3. Prizes are: Grand Prize (1): 7 day/6 night trip for two to the La Costa health spa including round trip air transportation, meal allowances, accommodations and use of Spa facilities (est. retail value $6,000); First Prize (2): 1 year health club membership (up to $1,000); Second Prize (100) Sony® Walkman (est. retail value $39.95). Winners will be selected in a random drawing from among all mail-in entries received and coupons forwarded by the coupon redemption house and received prior to the drawing, which will take place by March 31, 1991. Judging will be conducted by National Judging Institute, Inc., an independent judging organization whose decisions are final on all matters relating to this sweepstakes. All prizes will be awarded and winners will be notified by mail. Only one prize to an individual or household. In the event a Grand or First Prize is won by a minor, it will be awarded in the name of a parent or legal guardian. Trip prize is subject to availability and confirmation of reservations, and must be taken by March 31, 1992. Taxes, if any, are the responsibility of the individual winners. Winners may be asked to verify address or execute an affidavit of eligibility and release within 14 days of notification. Travel companion of winners may be required to execute an affidavit of liability release. No responsibility is assumed for lost, misdirected or late entries or mail. Entry constitutes permission to use winners' names and likenesses for publicity purposes without further compensation. 4. Sweepstakes open to residents of the U.S., except grower-members, employees and their families of BLUE DIAMOND GROWERS, its affiliates, subsidiaries, advertising agencies, and Don Jagoda Associates, Inc. This offer is void wherever prohibited and subject to all federal, state and local laws. 5. For a list of major winners, send a stamped, self-addressed envelope to BLUE DIAMOND HEALTH NUT WINNERS, P.O. Box 3491, Syosset, NY 11775-3491.

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RETAILER: You will be paid face value plus 8¢ handling provided you and the consumer have complied with the offer (good only on Blue Diamond® Almonds 6 ounces or larger). Limit one coupon to a customer. Invoices proving purchase of sufficient stock of Blue Diamond® Almonds must be shown upon request. Consumer pays any sales tax. For prompt payment of this coupon, mail to: Blue Diamond Growers, P.O. Box 880326, El Paso, Texas 88588-0326. Void where prohibited by law. Cash value 1/20¢.

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(continued) and joined Weight Watchers. It was one New Year's resolution that she was determined to keep. But danger lay ahead: a nine-day getaway to the Virgin Islands in late April. Cynthia worried that the trip would be her dietary undoing.

She coped so successfully on vacation, however, that she actually *lost* two pounds. Instead of lolling beside the pool, she spent hours snorkeling. She also avoided sabotaging her diet with gooey sweets. "What saved me was taking just one bite of my husband's dessert. That prevented me from feeling deprived."



Back at home, Cynthia's busy schedule kept her from visiting the health club as often as she would have liked, but when she did go, she headed for the stationary bikes. "The bike was perfect for toning my thighs," she says.

Just one week before the *LHJ* challenge ended, Cynthia reached her goal weight of 141. At a perfect size 10, she feels better about herself. What's more, the unheard-of actually occurred a few days after the challenge ended, when Cynthia wore a new black pantsuit to a party: "Someone who hadn't seen me in three months said, 'You look terrific. Have you lost weight?' "



MAYRA VICENTE

WEIGHT: 147 lbs.
GOAL: 125 lbs.

Mayra Vicente, twenty-eight and single, probably faced more temptation than most. At the time of the challenge, she was a sales representative for a wholesale bakery. Being greeted by the irresistible aroma of cakes and muffins each morning made it difficult to pass up samples—and eating them made it impossible to reduce.

Finally, she joined Weight Watchers in November 1988. Within weeks Mayra, who's five feet five inches tall, had dropped nine pounds—only to regain them all in short order. "On vacation, I went berserk," she says.

When Mayra accepted our challenge, she thought that having a deadline would make saying no easier. But problems at the bakery unnerved her and made dieting a real struggle. One day, less than a month into her diet, she reached for a corn muffin almost without thinking. "I felt like such a failure," she says. "But the next day I went back on my diet and visited the gym."



To Mayra's amazement, exercise turned out to be enjoyable as well as beneficial. During her first visit in April to the health club, her trainer, Robert, devised a program for her, then told her to pedal for six minutes on the stationary bicycle. "It was horrible," Mayra recalls. "And when he said, 'Eventually I want you to do half an hour,' I thought he was crazy." Six weeks later Mayra was enjoying those thirty-minute bike sessions, and she was working out at least three times a week. "I learned that diet alone doesn't work," she says.

But her battle wasn't over. Mayra then caught a *(continued on page 102)*

To stay thin this summer, you don't have to stay hungry. Here, tasty, satisfying dishes from Weight Watchers.

NUTTY TURKEY SALAD PITAS

Total prep time: 15 minutes

3 ounces diced cooked turkey
¼ cup diced celery
2 tablespoons golden raisins
2 tablespoons plain low-fat yogurt
4 teaspoons reduced-calorie mayonnaise
1 teaspoon fresh lemon juice
1 teaspoon pickle relish
Pinch *each* salt and pepper
2 small pitas (1 oz. each), toasted and split
6 roasted almonds, chopped
¼ cup alfalfa sprouts

Combine first 9 ingredients in bowl. Spread half of each pita with half the turkey mixture, then top with nuts and sprouts and remaining pita halves. Makes 2 servings.

Nutrition info per serving: 245 calories, 17 gm protein, 7 gm fat, 30 gm carbohydrates, 397 mg sodium, 37 mg cholesterol.

FIESTA PASTA SALAD

Prep time: 20 minutes plus chilling

1 tablespoon mayonnaise
1 tablespoon chopped fresh cilantro or parsley
½ teaspoon red wine vinegar
¼ teaspoon salt
Dash chili powder
1 cup cooked small macaroni
½ cup diced red pepper
½ cup sliced green onions
1½ teaspoons minced jalapeño chili

Combine mayonnaise, cilantro or parsley, vinegar, salt and chi powder in medium bowl. Add remaining ingredients; toss Makes 2 servings.

Nutrition info per serving: 140 calories, 3 gm protein, 6 gm fat, 19 gm carbohydrates, 313 mg sodium, 4 mg cholesterol.

HOW EVE GOT ADAM TO GIVE UP THE FIG LEAF.





INTRODUCING RIBBED WHITES™ FROM FRUIT OF THE LOOM.®

Legend has it Eve said, "Adam, I have to tell you, that fig leaf does nothing for you." To which he said, "It's comfortable, what should I wear?"

"These new Ribbed Whites from Fruit of the Loom," said Eve. "The new ribbed cotton fabric moves with you for extra comfort. And the new cut is trimmer–for extra style."

To which Adam replied, "Wow, they look as good as they feel." And Eve purred, "Mmm, the most tempting thing since the apple."

Moral: for extra comfort and extra style, give your Adam the new Ribbed Whites from Fruit of the Loom.

We fit America

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Every year, fifty million Americans go on some form of diet.

These fifty million Americans will have their choice of thirty thousand different diet plans.

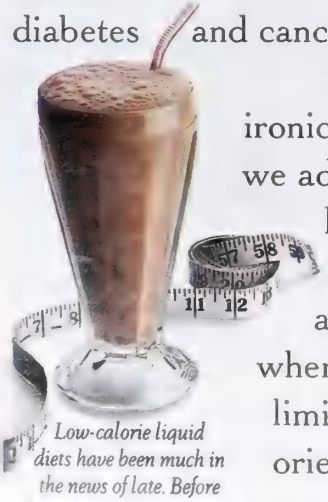
Given the dimensions of our national preoccupation with losing weight,

WAS SHE BETTER OFF BEFORE?

it seems only prudent to ask: Is the "after" always better than the "before"?

THE ANSWER IS—SOMETIMES.

Obviously, there are a number of excellent reasons to go on a diet; the first of these being health. Studies show that people who are overweight run increased risks of heart disease, high blood pressure, diabetes and cancer.



Low-calorie liquid diets have been much in the news of late. Before beginning any weight-loss program, you should consult with your physician.

So it is all the more ironic that by the very diets we adopt to improve our health, we sometimes do as much harm as good. Because when you diet, you limit not only calories; you may also limit essential nutrition.

While there are many responsible weight-loss programs, an alarming number (particularly those that restrict you to less than 1200 calories daily) may cause serious nutrition deficiencies.



"My husband couldn't believe the amo
sary. Thanks to this weight-loss plan I ha

In a study of ten of the most po ular weight-loss diets, researchers at Rutgers University found that the major of these diets are deficient in Vitamins

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...ST PLAN!

...st two weeks before our anniver-
...e body I've always dreamed of."
—J... ...Valley, C...

go on a...
a member...

Elvi... in bi...

FT. WORTH, TX. ...documented proc... indoctrination in... Coroner's repor... pending investiga...

"I saw the Sir... believe my eyes." Stunned partic... sang a medlev... never returne... staggering effe... tragedy."

Cu... Sa...

Officers fr... grappled wit... terror.

"She screa... got away," s...

But the... in the offi... ordeal wit... front of me...

Report... next-door... afraid to ta... heroic acti...

Far bene... tricately br... entire Mont... uct of repe... ments alon... of direct... gun...

and B12, calcium, iron, zinc, magnes-
ı and thiamin.

Naturally, we don't suggest that
ı shouldn't go on a diet. But we do recommend that you choose a weight-loss program carefully–and that you balance it with an intelligent daily regimen of vitamin and mineral supplements.

MAY WE RECOMMEND A GOOD VITAMIN MAKER?

Nature Made nutritional supplements are made to a standard of quality higher than the U.S. Government requires, and are the same vitamins and minerals found in nature. They contain no artificial flavors, colors or preservatives.



Please pass the collard greens. They are an excellent natural source of calcium.

Because no two people have quite the same nutritional needs, Nature Made offers a complete line of more than 120 different vitamin and mineral supplements–including the vitamins and minerals that people who diet need most. Which is good news for about fifty million Americans.

Nature Made offers more than 120 vitamin and mineral supplements, including those dieters need most–B-Complex, calcium, iron, zinc, magnesium, and thiamin. For our free vitamin guide, please telephone us at 1-800-933-8282.



NATURE MADE. THE MORE YOU KNOW, THE BETTER YOU'LL FEEL.™

(continued from page 98) cold and lost her willpower again. "It was so depressing," she complains. "For three days, I came home and gorged on cereal." Her resolve returned, but then her weight hit a plateau and stayed there through the first half of May. She was so dispirited that she even lost interest in the health club. Still, Mayra stuck to her eating plan, and soon her clothes began to feel loose at the waist.

To Mayra's delight, the pounds continued to fall away—for a total of ten. And though she still had twelve more to lose when the challenge ended, she knows that she can do it. "I'm going to reach one hundred twenty-five no matter what it takes," Mayra declares.



MARY JANE MARTINEZ

WEIGHT: 147 lbs.
GOAL: 135 lbs.

Mary Jane, forty-one, had been popping buttons on size-12 clothes for years before she got a grip on herself. At five feet three inches and 147 pounds, she knew she should lose weight, but her lifestyle seemed to prevent her from doing so. For five years she had been working long, pressure-filled hours as a marketing manager at a cable TV firm, with time out only to indulge in lush expense-account lunches. But by 1987, she'd become a free-lance paralegal and hoped to open her own business. At that point she realized that to start her own company, she'd have to call on strangers, and it would be important to look her best.

However, it wasn't until March 1989, when her mother was diagnosed as having high blood pressure and a high cholesterol level, that Mary Jane was shocked into action. "I saw what *my* bad eating habits could do to me thirty years down the road," she says. She joined Weight Watchers the next day.

Of course, changing long-standing patterns isn't easy. For the first few weeks, Mary Jane was extremely vigilant. But in mid-May, a two-week visit from her apartment-hunting stepson, Neil, threw the family's eating schedule out of whack. Mary Jane's resolve weakened: "I always eat badly when my routine is disrupted," she says. One Friday night, she admits, "I was so unnerved, I ran out and bought potato chips. When my husband tried to give one to the dog, I almost broke his hand." She had a burger and fries that Sunday.

But she got back on her diet and began getting up at dawn twice a week so she could get some exercise time in at the health club before going to work. "I'm not a morning person, so I'm not even awake at the gym," she says with a laugh.



After losing ten pounds by May 25, Mary Jane was so pleased with her progress that she had her hair cut and colored it blond. Shortly afterward, friends she hadn't seen for a while didn't recognize her at first glance—then praised her new look.

Then, just as the challenge period was drawing to a close, everything went haywire again when Neil's wife and three children visited. Mary Jane stopped preparing balanced meals; as a result, she fell two pounds short of her goal, but, as she said at the final weigh-in, "I intend to continue working at this. The upheaval's temporary—like a case of hiccups." ■

PINEAPPLE CHUNKS WITH RASPBERRY SAUCE

Total prep time: 10 minutes

½ cup fresh raspberries
1 tablespoon plus 1 teaspoon dry white wine
1½ teaspoons sugar
1 cup fresh pineapple chunks

Combine raspberries, wine and sugar in blender. Process until smooth. Strain through fine sieve. Divide pineapple between 2 dessert dishes. Top each with half the raspberry sauce. Makes 2 servings.

Nutrition info per serving: 70 calories, 1 gm protein, 0 gm fat, 16 gm carbohydrates, 1 mg sodium, 0 mg cholesterol.

HEALTHY INDULGENCE

For a slimming summer, try these timely tips from Weight Watchers:

■ **At the beach, don't head for the burger stand; instead, bring a cooler of turkey-salad pitas (try our recipe!) and iced tea or coffee sweetened with sugar substitute.**

■ **Barbecue? By all means. But substitute lean ground-turkey burgers for beef; brush skinless chicken with reduced-calorie dressing; and plop a dollop of plain nonfat yogurt mixed with herbs onto your baked potato. Then round out your meal with a crisp tossed salad.**

■ **You can still nibble while you watch summer reruns. Try plain air-popped popcorn, or freeze some seedless grapes.**

■ **Dinner out doesn't have to be a seven-course ordeal. Have a seafood appetizer and a salad with low-fat dressing on the side.**

■ **Finally—now that daylight saving time is upon us—get out and work out. Hike. Bike. Swim. Exercise and a balanced, moderate-calorie diet will help ensure that this bathing-suit season will find you looking good and feeling great.**

Ellie Grossman is a New York–based writer with a special interest in fitness and health issues.



The rotini salad recipe
Carol Chu kept secret for years
calls for Creamette.



America's having a love affair with Creamette.

DISEASES YOUR DOCTOR MAY MISS

True stories of uncommon disorders that are difficult to diagnose

By Stephen Phillip Policoff

It took Andrea Hecht ten long years to find out why her body had become bloated, her muscles frighteningly weak. For six months, Louise Gibson's eyes felt as if they were filled with sand, yet her doctor told her nothing could be done to relieve the discomfort. Orrin Palmer endured years of torment and humiliation before physicians finally assured him that he wasn't crazy—he was merely ill.

Such medical nightmares haunt the estimated twenty million Americans who suffer from rare diseases—disorders that are little known to the public or even doctors.

The National Organization for Rare Disorders (NORD) estimates that there are perhaps five thousand of these diseases, most of which are extremely difficult to diagnose. In fact, according to a report last year by the National Commission on Orphan Diseases—mandated by Congress to measure the scope of the problem—over a third of those who suffer from rare diseases are misdiagnosed for as long as five years.

"The needs of patients with these diseases are rarely met by the health-care system," says Abbey S. Meyers, executive director of NORD. "There has been inadequate funding and a woeful lack of concern. We need to make people aware of the suffering."

What are the symptoms of these baffling afflictions? Below, reports on four of the disorders that are most often misdiagnosed—and the efforts being made to control them.

Sjögren's syndrome

As many as four million Americans—many of them undiagnosed—may suffer from Sjögren's syndrome, making it among the most common of uncommon ailments.

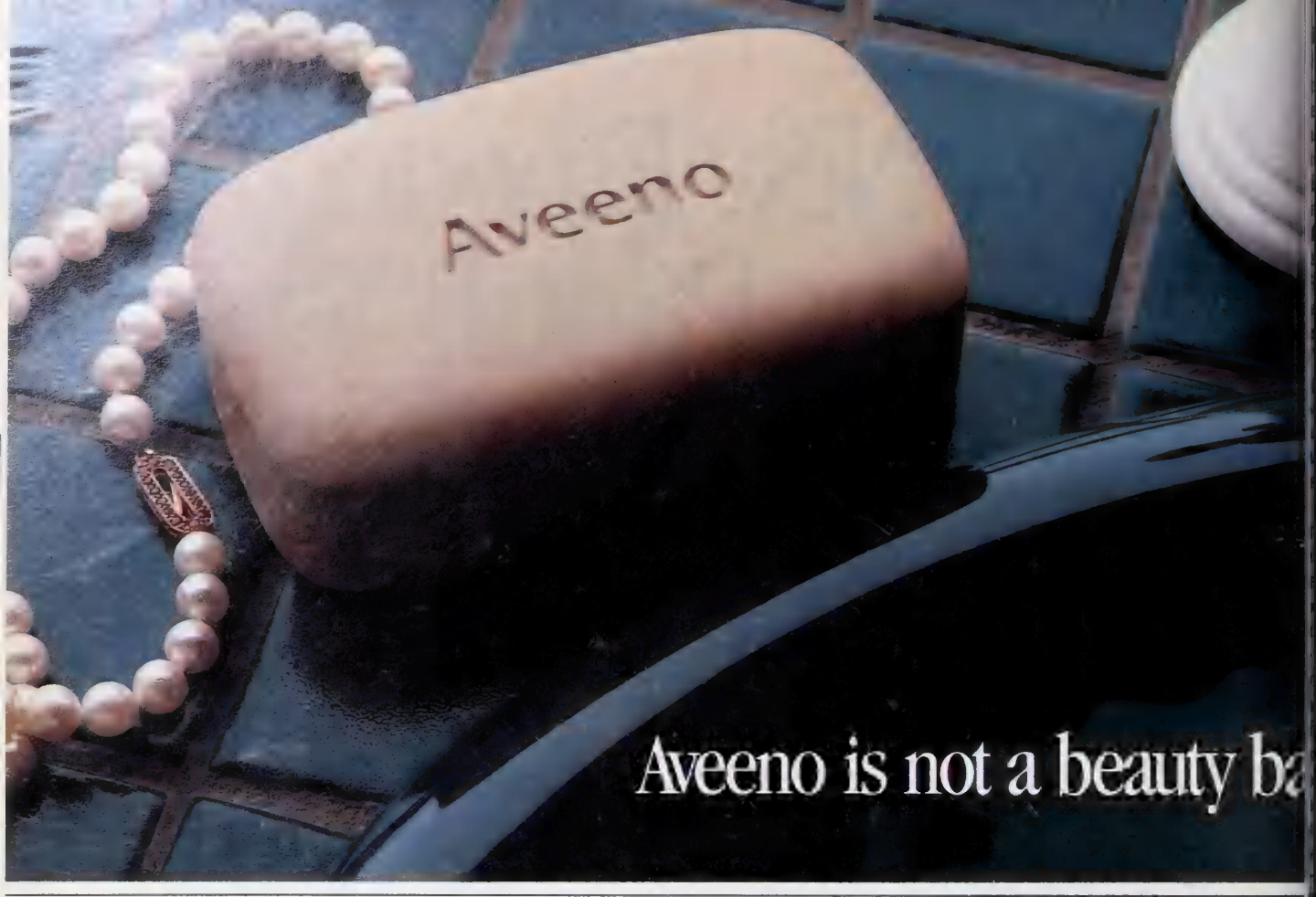
Sjögren's, named for a nineteenth-century Swedish ophthalmologist, Henrik Sjögren, is an autoimmune disease that affects bodily secretions. For unknown reasons, the body begins to attack itself by producing enormous quantities of white blood cells called lymphocytes, which invade and destroy sweat, salivary, tear and other glands that lubricate the body. Since the symptoms of Sjögren's can *(continued)*

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So you can feel naturally clean, feminine and fresher than before.

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DISEASES
continued

seem unrelated to one another, many cases go unnoticed, doctors explain. Dryness of the mouth, eyes and vagina, swollen joints and fatigue could all be symptoms of other disorders. "Because of the lack of saliva, dental plaque often builds up on teeth in huge quantities," says Elaine Harris, president of the Sjögren's Syndrome Foundation. "If your teeth break off for no reason, that's a telltale sign."

In rare cases, the excessive proliferation of lymphocytes can disrupt the functioning of patients' lungs, kidneys and liver, and weaken the muscles surrounding the heart.

Sjögren's syndrome, which affects many more women than men, tends to begin in mid-life, according to Robert Fox, M.D., an associate member of the division of rheumatology at Scripps Research Foundation, in La Jolla, California. It is often as difficult to treat as to recognize. "I was put on a low dose of steroids, which are supposed to reduce the inflammation common in Sjögren's," says Louise Gibson, of Long Island, New York, who was working as an airline stewardess when she was diagnosed at age twenty-four. The steroids didn't alleviate Louise's fatigue and achiness, however, and her doctor said he couldn't help her anymore.

A few months later, Louise located a rheumatologist—a specialist in connective-tissue disorders. He put her in the hospital and gave her a more sophisticated steroid treatment along with Plaquenil, a drug derived from quinine, which is used to treat malaria.

Determined to battle her disease on all fronts, Louise is also experimenting with Bromhexine, a drug not available in this country. Derived from an herb used in Indian folk medicine, Bromhexine is a popular over-the-counter cold remedy in Europe and Mexico, which is where Louise obtained the drug. Though it has been shown to help combat some Sjögren's symptoms, it doesn't work for everyone.

"We have success treating Sjögren's with a variety of new oral, ocular and vaginal lubricants, and anti-inflammatory drugs," says Norman Talal, M.D., head of the division of immunology at the University of Texas Health Science Center, in San Antonio. "A *cure* may not be within our grasp—but relief from suffering definitely is."

Tourette syndrome

According to the National Institutes of Health, about one hundred thousand Americans suffer from this much-misunderstood neurological disor Tourette syndrome (TS)—named fo nineteenth-century physician, Geor Gilles de la Tourette—causes biza motor and vocal tics that range fi rapid blinking to barking, even sp ing obscene words. Most patients be to display symptoms between the a of two and eighteen.

Though its cause is unknown, TS pears to be genetically transmitted one study, 385 members of a Canad family were evaluated: Forty-one w diagnosed as definite cases of TS, t ty-eight as probable cases.

"Living with Tourette syndr means constantly explaining that yo *not* crazy, that you're not doing it purpose, that you just happen to h a neurological disorder," says Or Palmer, M.D., thirty-three, a fellow psychiatry at Mount Sinai Hospi in New York.

Palmer not only specializes in s port therapy for people with TS, he it himself. His first tic—a spitt sound—appeared when he was years old. "I was dragged from do to doctor," he says. "They told m could stop if I wanted to. But the ha er I tried, the more bizarre were tics that appeared."

Palmer's family was supportive, he was often ridiculed by the kids

ol, and humiliating encounters
n classmates made his symptoms
se. Because tics are often tran-
t—disappearing and then reap-
ring in an altered form—and be-
se similar symptoms are caused by
r ailments, ranging from encepha-
to autism, TS can be especially
cult to diagnose. By the time he
thirteen, when a doctor finally
Palmer what was wrong, the boy
barking, spitting and screaming
ost continuously.
Being diagnosed was a mixed bless-
" Palmer says. "It was a relief to
e a name for this torment, but I
to confront the fact that I was
dicapped, that the problem wasn't
going to go away."
ntil the late sixties, doctors had
e idea how to treat TS. For five
's, Palmer was given large doses of
dol, a powerful drug that decreases
activity of the brain chemical do-
ine, thereby slowing the function
part of the brain that controls
or movements. Haldol diminished
mer's tics, but it had profound side
cts. "I drooled, gained weight, felt
a zombie all the time," he says.
the past fourteen years, Palmer
tried other medications while
ggling to reach his goals. "Going to
ical school was like climbing a
mountain every day of my life," he says. "But I desperately wanted to be a doctor, to be a role model for others with TS."

This past year, Palmer started taking Prozac, an antidepressant now being used experimentally for TS. Prozac increases the level of another brain chemical, serotonin. The drug helps alleviate the obsessive-compulsive behavior that often accompanies TS. Such behavior may include continual pointing at or touching of objects or people, performing repetitive movements, and other involuntary physical actions. Although Prozac is not a substitute for Haldol or other drugs used to treat TS, Palmer maintains that Prozac has caused an overall improvement in his condition. "The tics are reduced; my brain activity seems faster, less blocked. And so far, there are no side effects," he says.

Because the disorder is so often confused with mental illness, Palmer stresses that the public must be involved in helping TS patients live normal lives. "We can help now with vigorous support therapy as well as medication. That's urgent—most people with Tourette are as emotionally scarred as they are physically handicapped," he says. "But nothing is as urgent as education—for the patients, their families and their communities. No tic is as damaging as being treated with fear or contempt; no drug is as beneficial as being accepted and understood."

Marfan syndrome

Olympic volleyball medalist Flo Hyman was only thirty-one when she died on the court in 1986. Her tragically early death was the result of a ruptured aorta caused by an undiagnosed case of Marfan syndrome, named after Antoine Marfan, a nineteenth-century French pediatrician.

A hereditary connective-tissue disorder, Marfan syndrome affects about thirty thousand Americans. The disease can cause elongated bones, weakened ligaments, curvature of the spine, distortion of the breastbone, nearsightedness and weakening of the cardiovascular system.

"In textbook cases, we see loose-jointed limbs and disproportionately long arms, legs, face and fingers," says Reed Pyeritz, M.D., clinical director of the Center for Medical Genetics, at Johns Hopkins University, in Baltimore. "But the disease can't be definitively diagnosed without the ultrasonic picture of an echocardiogram."

The most troubling aspect of the disease is its potential to *(continued)*



damage the aorta—the artery that carries blood from the heart to the rest of the body. The vessel may be stretched to more than double its normal diameter, ready to burst under stress.

The potentially disastrous effects of Marfan can often be contained through restricted activity, medication and, sometimes, a delicate operation called a composite graft, which may be necessary to replace the enlarged aorta with a prosthetic valve. "More and more Marfan patients have been able to control their problems with these newly refined therapies in the past decade," notes Pyeritz.

Because of the increased stress on the cardiovascular system during childbirth, one of the knottiest issues for women with Marfan is whether or not to risk pregnancy. Cheryl Williams was twenty-eight when she and her husband decided to start a family. Though no physician had previously suggested there was anything wrong with her, during a routine checkup, her new internist expressed concern about some of her physical features. "I'm six feet two, and I have an elongated face, limbs and toes," Cheryl says. "But I had no idea that might really *mean* something."

Though she was not in immediate danger, Cheryl was advised not to get pregnant. "Many pregnant Marfan patients are at high risk," Pyeritz says. "I know of dozens of cases of Marfan women who died in childbirth from a ruptured aorta."

Cheryl decided to channel her energy into educating others about the disease, and is now president of the National Marfan Foundation. Because of the foundation's efforts, more and more Marfan patients are being diagnosed at a young age.

"This is crucial," says Pyeritz. "We can now repair much of the damage to the heart; we can successfully monitor and control the health of Marfan patients in a way we never dreamed of even two decades ago. Sudden deaths like Flo Hyman's are now doubly tragic—because they are so preventable."

Cushing's disease

About ten thousand Americans—mostly women in their twenties and thirties—are afflicted with this hormonal disorder, which is named for Harvey Cushing, a Boston neurosurgeon who discovered it in the early twentieth century. Cushing's disease is caused by tiny tumors called adenomas, which appear on the pituitary gland. These adenomas disrupt hormonal functi flooding the body with the hormo adrenocorticotropic hormone (ACT and cortisone. They disrupt the norm functioning of many hormones such estrogen and bring about a wide va ety of metabolic changes, which, turn, can cause the bone-thinning d ease osteoporosis, diabetes, hyperte sion and coronary-artery disease.

Cushing's can also cause bloati menstrual irregularity, muscle wea ness and easy bruising. These dis ders are often mistaken for other c ditions such as menopause, eating d orders and reactions to stress. "U usual weight gain, hormon irregularities, strange bruises—if y didn't know what to look for, you co find countless reasons for those syn toms," says Martin Weiss, M.D., cha man of the department of neuros gery at the University of Southe California, in Los Angeles.

Andrea Hecht, a public relati consultant in Los Angeles, has hea most of those explanations. When was twenty-three, she found herself explicably losing strength in her le Within months, she could not ev swing her legs out of a car. She gain seventy-five pounds and stopped m struating, and purple bruises streak her arms.



GENERAL BODY ACHES & PAINS
LOWER BACK PAIN
PAIN FROM COLDS & FLU
PAIN FROM ANKLE INJUR

For all these aches & pains

I went to dozens of doctors. They e me estrogen shots to restart my iods, which only increased the con- ed hormonal signals my body was eiving and made it worse," she re- s. "After two years of hell, a doctor gnosed me as having Cushing's dis- e. I was advised to have my adrenal nds removed."

he surgery seemed successful at t; Andrea's symptoms diminished, she lost weight. This was because adrenal glands control production ortisone, and with those glands re- ved, the cortisone flood receded.

ndrea's ordeal was not yet over, ever. Eleven years after the opera- n, her vision began to fail. "I ught that I was *really* going crazy time," she says. "But the problem traced to a growth on my pituitary nd, which was pressing against my c nerve."

s it turned out, that adenoma had n the cause of Andrea's previous ptoms as well. However, at the e of her operation, doctors didn't w as much about Cushing's disease they do now. At that time, they ld only ease the symptoms but not minate the cause.

sing a highly sensitive microscope, ss performed trans-sphenoidal sur- y on Andrea—going through her nose to her brain—and removing the tiny pituitary tumor. "Recent technological improvements make this the best possible treatment for Cushing's at present," says Weiss. "Drugs that might help block production of the unwanted hormones are being investigated. By 1999, we may have hormonal treatment that will control the production of unwanted cortisone or ACTH. But for now, trans-sphenoidal surgery is the high-tech procedure of choice." (Andrea's pituitary gland must be checked regularly, since adenomas sometimes grow back.)

Although she is glad she finally received appropriate treatment, Andrea must still take hydrocortisone to take over the function of her missing adrenal glands. For her—and for many other rare-disease victims—the greatest burden of her illness has been to locate experts who understood her problem and could tell her exactly what she was suffering from. To help combat that ignorance, Andrea recently helped found the National Cushing's Association.

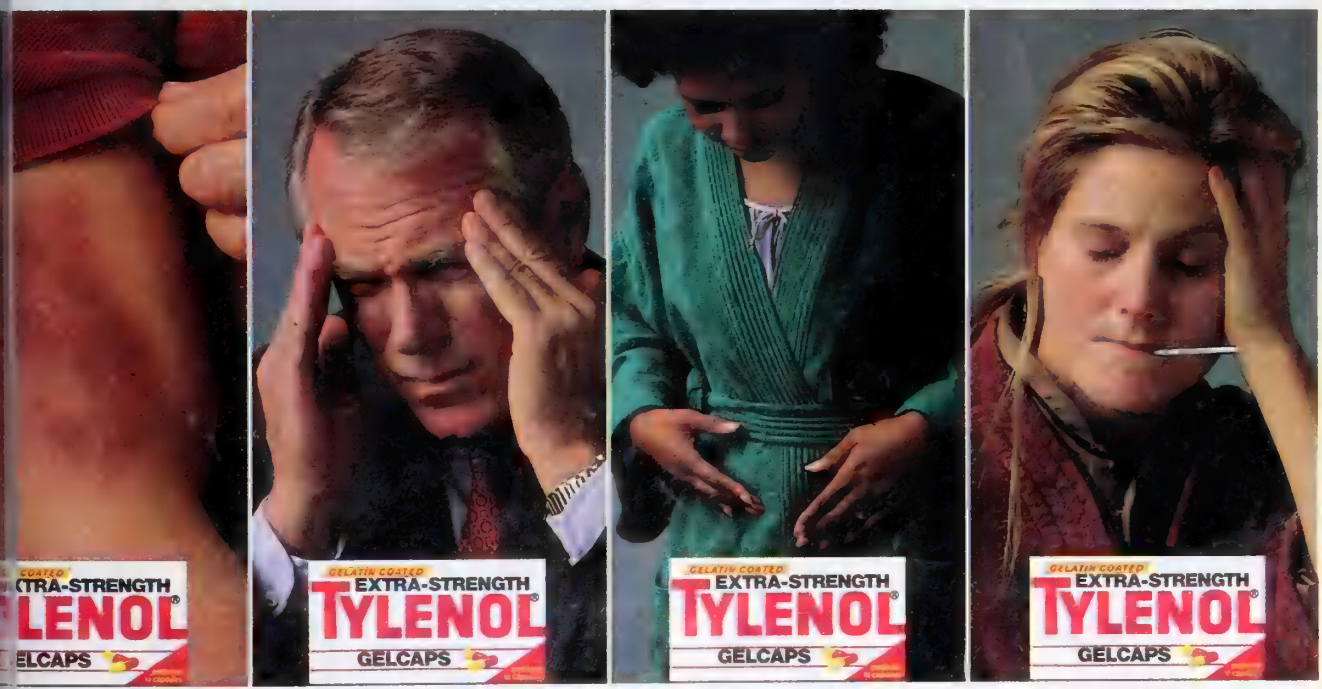
"I spent a phenomenal amount of time battling a health-care system that is not geared to address the needs of rare-disease victims," Andrea sighs. "I believe the educational efforts of NORD and all the support groups are having a tremendous effect. I'm hopeful that soon, rare-disease victims will be able to use their energy to get better—not to fight the system!" ■

Stephen Phillip Policoff is a New York–based writer. His most recent Ladies' Home Journal article was "Bottle babies" (May 1989).

WHERE TO GET HELP

If you are worried that you or a loved one might be suffering from a rare disorder, don't hesitate to seek help. Below, a list of organizations to contact for more information.

■ The National Organization for Rare Disorders, P.O. Box 8923, New Fairfield, CT 06812; 203-746-6518. ■ The Sjögren's Syndrome Foundation, LHJ, 382 Main Street, Port Washington, NY 11050. ■ The Tourette Syndrome Association, 42-40 Bell Boulevard, Bayside, NY 11361; 800-237-0717. ■ The National Marfan Foundation, 382 Main Street, Port Washington, NY 11050; 516-883-8712. ■ The National Cushing's Association, 4620½ Van Nuys Boulevard, Sherman Oaks, CA 91403; 818-788-9239.



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PERSONAL JOURNAL

Important insights into the way we feel

THE LHJ '90s NETWORK

Our monthly reader call-in poll

This month, tell us what you'd be most willing to do to help save the environment.

a) Pay higher taxes

b) Pay more for products that are less harmful to the environment

c) Separate my family's trash to be recycled

d) Car-pool to work or use mass transit

e) Lower my thermostat to 65°F. in winter and set my air-conditioning at 78°F. in summer

f) Cut down on my family's water use

Call 900-370-5626 by June 15 to tell us your answer. The first minute will cost you seventy-five cents; each minute thereafter will cost fifty cents. You must use a touch-tone phone.

Married with children...and still in love

My husband, David, and I have been married for fourteen years. We live in the suburbs with two daughters, a dog and a bunny who thinks he's a cat. Like most parents, we have little privacy, time or energy for sex. Yet we've kept the romance in our marriage by taking advantage



of opportunities—and creating our own—to be lovers.

When David and I were first married, spending time together was something we took for granted. But when our first daughter was born, we were suddenly so busy that we barely had a moment for each other. I knew I had to do something, so I bought David a special card and sent it to him at work. It said simply: "I miss you. Love, Anne." He replied in kind—and we started a loving tradition.

Some of our most romantic gestures are simple ones. For instance, David will put roses in my favorite vase, and I'll give him a foot massage after he's had a hard day.

We try to stay connected even when things are stressful. For instance, one night David and I were getting romantic in bed when we heard our three-and-a-half-year-old daughter crying. She had an acute earache, so David rushed her to the emergency room while I stayed with our five-year-old. By the time David and our little one got back home, it was three A.M., and we were too concerned about her—and too tired—to think about making love. But I didn't miss the chance to let my husband know I cared. The next day, I sent a basket of goodies to his office, with a note telling him how much I love him.

Because our busy work schedules also cut into our time together, we've learned to make being alone together a top priority. On weekends, if both girls are playing at a neighbor's house, we forget about chores. Instead, we sit down and talk, or take a long walk and hold hands. Some mornings we get up an hour or two before the kids do, so that we can enjoy a quiet breakfast together. And twice a year, we go away for a long weekend—just the two of us.

Our children have gained a great sense of security from knowing that their parents are still so much in love. "Mommy, kiss Daddy!" our daughters urge, smiling with delight when we do.

There are no elaborate tricks to being lovers in marriage, and other couples may find other ways to demonstrate how much they care. Just as children need nurturing, so do husbands and wives. When you let your spouse know that he or she is special and that your relationship is valuable, you create a powerfully intimate bond—plus many happy memories. —ANNE MAYER

Anne Mayer is the author of "How to Stay Lovers While Raising Your Children," (Price Stern Sloan, 1990).

Rita Maas



"For me, diaphragms and jellies are a big hassle. So I switched to Today Sponge."

No mess. No interruptions. That's the choice Today® Sponge gives you. Because, unlike many birth control methods, Today Sponge is very easy to use.

Today Sponge is small, comfortable and disposable. You just wet it and insert. It gives you 24 hours of continuous, reliable protection. Allowing you to be more spontaneous.

What's most important, Today Sponge is effective. And it's safe. Its doctor-recommended spermicide, Nonoxynol-9, protects without hormones, so it doesn't alter your body chemistry.*

Ten years of development and testing have made Today Sponge a method of birth control that responds to what women want and need in a contraceptive. That's why millions of women have already used it.

So, if you're looking for an effective, safe and convenient birth control method, choose Today Sponge. It may be the best choice for you.

Have any questions? Ask your doctor or give us a call at the Today TalkLine. 1-800-223-2329. We'll be glad to help.



TODAY'S CHOICE IN BIRTH CONTROL•

can expect an effectiveness rate of 89-91% if they use Today Sponge consistently and according to label instructions. In clinical trials including women who did Today Sponge consistently and properly, the effectiveness was 84-87%. Use only as directed. © 1988 Whitehall Laboratories, N.Y., N.Y.

Hot summer reading

LOOKING FOR A GOOD BEACH BOOK? HERE, OUR CHOICES FOR SOME OF THE BEST VACATION READS

NEW HARDCOVERS

■ **BURDEN OF PROOF by *Scott Turow* (Farrar, Straus & Giroux; $22.95). A defense lawyer seeks the truth about his wife's death, by the best-selling author of *Presumed Innocent*.**

■ **DON'T SHOOT, IT'S ONLY ME by *Bob Hope* (Putnam's; $19.95). Reminiscences from the all-American comedian.**

■ **AN INCONVENIENT WOMAN by *Dominick Dunne* (Crown; $19.95). High-society murder and intrigue by the author of *The Two Mrs. Grenvilles*. Look for *LHJ*'s excerpt in July!**

■ **THE QUINCUNX by *Charles Palliser* (Ballantine; $25). This intricate tale follows five Victorian families over several generations.**

IN PAPERBACK

■ **A KNIGHT IN SHINING ARMOR by *Jude Deveraux* (Pocket; $4.95). A whimsical romance about a modern woman and a medieval knight.**

■ **THE NAKED HEART by *Jacqueline Briskin* (Dell; $5.95). A sweeping tale of betrayal, friendship and romance.**

■ **NOT THAT YOU ASKED by *Andy Rooney* (Penguin; $7.95). Essays from the "60 Minutes" humorist.**

■ **WHILE MY PRETTY ONE SLEEPS by *Mary Higgins Clark* (Pocket; $5.95). The disappearance of a writer leads to unsolved murder. (Available July 1.)**

Great getaways

THIS YEAR'S TREND IS THE DO-SOMETHING VACATION. FOUR IDEAS THAT WILL LEAVE YOU WITH MORE THAN JUST A SUNTAN

COOK'S TOUR If you've always dreamed of concocting a perfect soufflé, a culinary course is your vacation recipe. Our food department recommends the cooking school run by Cordon Bleu–trained chef Steven Raichlen, where you'll learn the basics of French cuisine in a country inn set amid the White Mountains of New Hampshire (you can master puff pastry in the morning and go antiquing in the afternoon). Call 603-447-2818. For similar courses worldwide, check out the 1990 *Guide to Cooking Schools* (Shaw; in bookstores, or call 305-446-8888).

NOT FOR KIDS ONLY In an attempt to please thrill-seekers of all ages, the major amusement parks are outdoing each other with larger, scarier roller coasters. These high-tech marvels are safer than ever, say park managers. Nevertheless, the new scream machines test the nerves of even the most fervid fans. Last year's must-ride was the record-breaking two-hundred-foot-high Magnum XL-200 (left), at Cedar Point, in Sandusky, Ohio. This year, Great Adventure, in Jackson, New Jersey, unveils Shock Wave, a twisting, looping terror on which passengers stand rather than sit. Climb aboard if you dare.



If you'd rather keep your feet on the ground, try one of the movie-land theme parks. Down in Orlando, Florida, Disney-MGM Studios has been packing 'em in for a year. Meanwhile, practically in Disney's backyard, rival Universal just weighed in with its own studio tour. Both offer film fanatics the chance to observe moviemaking behind the scenes and even appear on-screen as extras. Rides are re-creations of scenes from your film faves (*Casablanca* and *Alien* at Disney-MGM; and *Jaws*, *E.T.* and *Back to the Future* at Universal).

HORSING AROUND Get off your lonesome duff and saddle up—Western dude ranches are hot. Why? The cowboy camaraderie appeals to city slickers who yearn for traditional values. What's more, a ride astride gives you unparalleled access to the wilderness. After a tough day on the trail, you can look forward to rodeos, hearty dinners family-style and ghost stories 'round the campfire. Don't worry if your riding experience is limited to watching reruns of *Bonanza*. Lessons—and gentle horses—are always available. For more info, call 303-493-7623.



ON THE WATERFRONT Houseboat rentals have taken off since easy-to-pilot boats made their appearance—one lesson, and you're on your way. These floating vacation cottages are quite comfortable, but, best of all, they let you approach otherwise inaccessible scenic wonders. A popular spot: magnificent Lake Powell National Recreation Area in Arizona and Utah (above). Your crew will cruise in the shadows of giant rock formations; hop off and hike on the shore to look for Native American artifacts. For more info, call 800-528-6154.

Photos, from top: Daniel L. Feicht, Peter Guttman.

LOSING WEIGHT by Cristina Ferrare





Cristina Ferrare: Slim and Looking Great!

I lost 25 lbs. 3 months... nd I feel terrific!"

Cristina Ferrare

w I went from size 14 to ize 10."

ven when I was a model, I always worried t my weight. I tried all kinds of diets...but all left me feeling tired and depressed. This , I had a beautiful baby and in May I still 25 pounds to lose. Honestly, I didn't know if I l do it.

n I discovered Ultra Slim-Fast... s amazed how easy it was.

lidn't feel like I was on a diet—never hungry prived and I lost all that weight on the Ultra Fast Program. I had a thick delicious Ultra Fast shake for breakfast (hint: I make it in a ler with ice), one for lunch, and a Slim-Fast tion Bar for a snack (the peanut butter ones reat!), then a sensible dinner every night. We went out to my favorite restaurants.

s amazed at how energetic I felt.

tra Slim-Fast is healthy and nutritious. Each e gave me an abundance of vitamins, minerals, in, important fiber and carbohydrates. This tionally balanced program gave me all the y I needed to keep up with my hectic sched--and my four children.

st of all, I actually went from a size 14 to a size And I haven't felt this good since I was 22."



ristina Ferrare may not be typical of the average Slim-Fast user. Most users need ss weight. Weight loss varies with the individual depending on a variety of factors.

Cristina's Diet Recipe = Ultra Slim-Fast + Imagination.

Cristina's Pina Colada

8 oz. skim milk
1 heaping scoop Ultra Slim-Fast Vanilla
1/4 cup pineapple
1/4 cup banana
3/4 tsp. coconut extract
1/4 tsp. rum extract
1 pack lo-cal sweetener
10-12 Ice cubes
Blend until smooth.

Mocha Creme

8 oz. skim milk
1 heaping scoop Ultra Slim-Fast Chocolate
1 1/2 tsp. instant coffee
1 1/2 packs lo-cal sweetener
10-12 Ice cubes
Blend until smooth.

CUT ALONG DOTTED LINE

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DOES YOUR HOUSE HAVE SALES APPEAL?

Thinking about selling your home or simply wondering what it's worth? Here's a guide to help you find out how your house stacks up in today's market, plus tips on maintaining its value

By Lauren Payne

It's no secret that the real estate market has been in a slump in many parts of the country lately, but don't worry—you can still consider your home your best asset. According to John Tuccillo, chief economist for the National Association of Realtors, the market is cyclical. We won't see the dizzying price increases of the seventies and eighties for a while, but houses will retain solid value. What will the nineties bring? Most economists predict a modest inflation rate of about 5 percent a year, and they expect housing prices to keep pace.

Since homeowners can no longer expect to make a killing when they sell their property, according to Tuccillo, many people are forgoing a tradeup and electing to stay put. The new strategy is to think of your home primarily as a place to live, not merely as an investment. However, to keep your home's optimum value, you must maintain your property wisely. Fix leaks and peeling paint, replace an aging furnace, and add attractive landscaping. Also, make improvements you know your family will really enjoy. What are the renovations that will probably return your money if you sell? A state-of-the-art bath or kitchen and a master bedroom/bath suite appeal to most buyers. Installing a pool can be a negative in some regions, but if you're planning to stay in the house and your family really wants the pool, go ahead.

How salable is your house right now? To find out, take our simple quiz on the following pages. Then, if you have to sell right away, try our quick and inexpensive tips to make the most of what you have. Not selling yet? The test will help you calculate your home's current value and decide on a long-term improvement plan.



©1990 Whirlpool Corp.

Why wait years for what Whirlpool gives you in 10 seconds flat?

Smooth-top ranges have been a mixed blessing. They look fine...with special cookware...once they finally heat up. And they're easy to clean...except in the corners...and where they yellow and stain.

Maybe someday every smooth-top will have a sealed-surface that solves all these problems. But Whirlpool has a freestanding range that can do it today.

Our new CleanTop™ range brings smooth-top cooking and cleaning performance to a new level. The elements heat up in a remarkable ten seconds. Without needing any kind of special cookware.

And Whirlpool gives you an important edge in easy cleaning...edges sealed into an upswept porcelain rim. So there are no metal corners to clean. And the SPILLGUARD™ will keep spills from spilling down the sides.

Whirlpool® ranges, like all Whirlpool appliances, are made to work hard and last a long time. And you can be confident that we're always ready to help you. With our toll-free, 24-hour Cool-Line® service. Just call 800-253-1301. And our 5,000-plus factory-authorized Whirlpool service centers.

So why wait for a smooth-top range that gives you all this, and heats up in ten seconds flat? Whirlpool has it today.

Whirlpool Home Appliances

Quality you can count on...today.

registered trademark/TM trademark of Whirlpool Corp.

home



A modern kitchen will give you a 100 percent return on your investment. Even if your kitchen isn't brand-new, details like bright flowers will give the room fresh appeal

LOCATION, LOCATION, LOCATION Some things never change. No matter what region you live in, "an average house in a great location will sell much faster than a great house in an average location," says Lucy G. Carillot, director of sales at the Landings Company on Skidaway Island in Savannah, Georgia. Also important are lot amenities—such as big, beautiful trees or a glorious view. Even if your home isn't in the most exclusive part of town, perhaps it has other pluses, like being close to shopping or a good school system.

How desirable is your home's location?

Good Fair Poor

STREET SMARTS How does your house look as you approach it from the street? Has the exterior been painted recently? Is the lawn tidy and neatly manicured? Is the landscaping pretty? Are the shutters straight? Is the driveway free of clutter? According to Sally Matthews, vice-president of O'Conor, Piper & Flynn Realtors, in Lutherville, Maryland, you *can* judge a book by its cover. "If a home is attractive from the outside, if it's neat and tidy and freshly painted, it's already half sold."

How would you rate your home's curb appeal?

Good Fair Poor

POINT OF HUE What are your primary interior colors? If your dining room has embossed gold wallpaper or your living-room carpet is bright orange, know that not everyone will appreciate such a style. "Unusual decorating can kill a sale," warns Matthews. "It's best to stick to neutral colors or repaint before showing so potential buyers can easily visualize their furnishings in your home."

How neutral are your interiors?

Good Fair Poor

SHIPSHAPE Is paint chipping off your ceiling? Is your boiler more than thirty years old? Are the plumbing and wiring outmoded? "Chances are, if you think maintaining your home is too much trouble, so will a potential buyer," says Matthews.

How maintenance-free is your home?

Good Fair Poor

Twenty-five great ideas under $200

Here's a host of quick and easy spruce-ups to make your home more appealing whether you're selling or not.

1. Plant showy seasonal flowers in the front yard
2. Shampoo the wall-to-wall carpeting and have rugs cleaned
3. Repaint the front door
4. Install track lighting in the family room
5. Place a shiny brass knocker on the front door
6. Buy a new shower curtain
7. Install a butcher-block cutting board in the kitchen countertop
8. Add a fresh coat of polyurethane to wood floors
9. Install chair railing in the entryway and dining room
10. Repaint the garage walls
11. Replace the medicine cabinet in the bathroom
12. Mount a wooden wine rack in your kitchen
13. Hang a hammock in the yard
14. Install a full-length mirror on a bedroom closet door
15. Spring for new bathroom towels and rugs in designer styles
16. Buy a colorful tablecloth and matching tea towels for the kitchen/breakfast room
17. Install a dimmer switch in your dining room
18. Hang brass house numbers on your front door
19. Install a new central lighting fixture in the kitchen
20. Organize the garage: Hang sporting goods, sleds, ladders and tools on wall hooks
21. Install an outdoor spotlight in the backyard
22. Replace cheap bathroom towel bars with sophisticated brass or wooden models
23. Restain the back deck
24. Install new front-door light fixtures
25. Install new hardware on kitchen cabinets

Adapted from PACKAGING YOUR HOME FOR PROFIT, by Bruce A. Percelay and Peter Arnold. By permission of Little Brown and Company.

E. McGee/FPG



New Corning Ware Soft Beige.
(And you thought it only came in white.)

Just think of the decorating possibilities. And Corning gives you two beautiful Soft Beige patterns to choose from: the heart-felt delight of "Forever Yours" or the floral magic of "Symphony". So whether you prefer new Soft Beige or traditional white, you always get the versatility you expect from CORNING WARE–the cookware that goes everywhere.



CORNING WARE.® A different look to cooking.

CORNING WARE is a registered trademark of Corning Incorporated, Corning, New York 14831. © Corning Incorporated, 1990.



An open floor plan is ideal, but you can make any room look more spacious by removing some furniture. Below, an inviting foyer will set the tone for the rest of the house



OUT OF SIGHT Even in the smallest homes, potential buyers are looking for lots of storage space. Do you have many closets? Are they large and well organized? How about a finished basement or an attic? If you have these, you'll please any pack rat.

How ample is your storage?
Good Fair Poor

A PLACE IN THE SUN Bright, light and open are the buzzwords for today's most-wanted homes. Potential buyers always look for plenty of sunshine, so lots of windows are a plus—besides, any home looks better when flooded with natural light. An airy floor plan makes it great for entertaining. If your home isn't open, you may want to consider knocking down a wall or installing a skylight.

How bright and open is your home?
Good Fair Poor

SPECIAL ADDITIONS This includes anything that makes your home more attractive to a potential buyer. Do you have a living room *and* a family room? An attached garage? A master bedroom with a luxurious private bath? A fireplace? A deck? Central air-conditioning?

How would you rate your home's special features?
Good Fair Poor

If your house rates fair to poor in more than half the categories, you may want to wait until your regional market is on the upswing before putting your house up for sale. Meanwhile, concentrate on the things you can change. However, if you need to sell now, work on quick fixes to increase your home's sales appeal. "Focus on the smaller things, the cosmetic changes," Tuccillo suggests. Our tips will give you a start. On the other hand, if your house has a good rating and you want to sell, set a fair price, play up your home's positive aspects, and start packing those boxes! ■

THE PRICE IS RIGHT

As important as packaging, realtors agree, is pricing your home fairly. Contact a qualified professional to conduct a comparative analysis of your area's real estate market. Here's a look at the national market: Prices are based on a single-family detached house in a desirable neighborhood with approximately 2,000 square feet, three bedrooms, two bathrooms.

Region	Average price	Days on market
New England	$205,510	127.5
East	$189,100	94.6
Southeast	$122,240	104.9
South Central	$ 88,740	127.3
Midwest/Plains	$123,080	92.6
West (excluding California)	$113,790	71.0
California	$283,070	44.1
Northwest	$ 89,540	99.5
National	$150,970	97.0

Based on the HOUSING COST SURVEY, provided by Better Homes and Gardens Real Estate Services, Des Moines, Iowa.

Ready to sell? Here's how to prepare for an open house

- Get rid of clutter. If you're not planning to move an item, throw it away! If you want it but it's blocking the hallway, stash it! (But don't stuff everything into the closet; potential buyers will look in there, too.)
- Deep clean. Dirt is a surefire turnoff. Consider hiring a professional to ensure you've got every corner scrubbed.
- Let the sun shine in! Throw open the curtains, turn on all the lights.
- Make minor repairs. If potential buyers find one thing broken, they'll be skeptical about the general maintenance of the home.
- Groom your grounds. Make sure the lawn is neatly mowed and the hedges are trimmed. Weed the flower bed and sweep the driveway.
- Banish pet odors. If you can, put your pets in the backyard, or take them to a kennel for the day.
- Add a homey touch. Place some chocolates on the coffee table, put out bowls of potpourri. "Simple features—a fire in the fireplace, cookies in the oven—can work wonders," says Carillot.

Photos, from top: Karen Bussolini, FPG

ntroducing the cleaning crew. One-step cleaners for the whole house.



SPIFFITS FOR GLASS. uick, easy, and not a gle streak. results are ystal clear.



SPIFFITS FOR FURNITURE. Cleans and polishes with no wax build-up.





MULTI-PURPOSE SPIFFITS. s grease in ust a wipe. fect for all around the house.





SOFT SCOURING SPIFFITS. Textured towels for tough cleaning without scratching.





SPIFFITS FOR THE BATH. Cleans and leodorizes in just a wipe.





Spiffits®
MOIST CLEANING TOWELS.
We cut the work down to a wipe.

©1990 DowBrands

Quite Naturally We Gave Our Pad Even More Protection
...With a Little Shake of Odor-Absorbing Baking Soda.



New Stayfree® Maxi.



PROTECTION LIKE NOTHING ELSE.

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Ladies'
ome Journal
June 1990

THIRTY YEARS AGO IT WAS INTRODUCED, AND NOTHING HAS EVER BEEN THE SAME. THE PILL

THE PILL

HOW IT CHANGED OUR LIVES



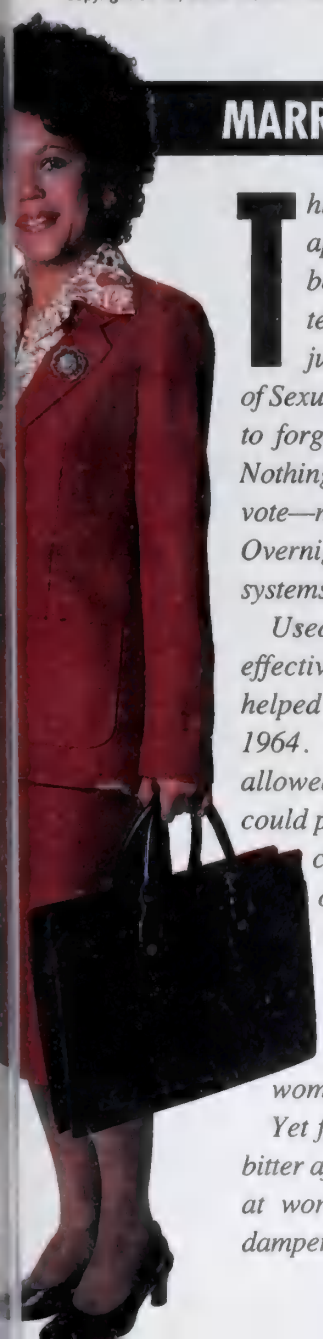
1960

POST-PILL, WOMEN TOOK A NEW LOOK AT

"For several years I've stayed at home,
While you had all the fun,
And every year that came by, another baby come
There's gonna be some changes made right here on nursery hill
You've set this chicken your last time, 'cause now I've got the Pill."
—From "The Pill," 1973, by country music star Loretta Lynn*

"I never knew anyone who said, 'Whoopee, I'm on the Pill, I'm going to sleep around!' But it took away that fear that said, 'I can't do this, I'm gonna get pregnant.' "
—Wendy Wasserstein, author of the Pulitzer Prize–winning play *The Heidi Chronicles*

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MARRIAGE, MOTHERHOOD, SEX, WORK—AND THEMSELVES



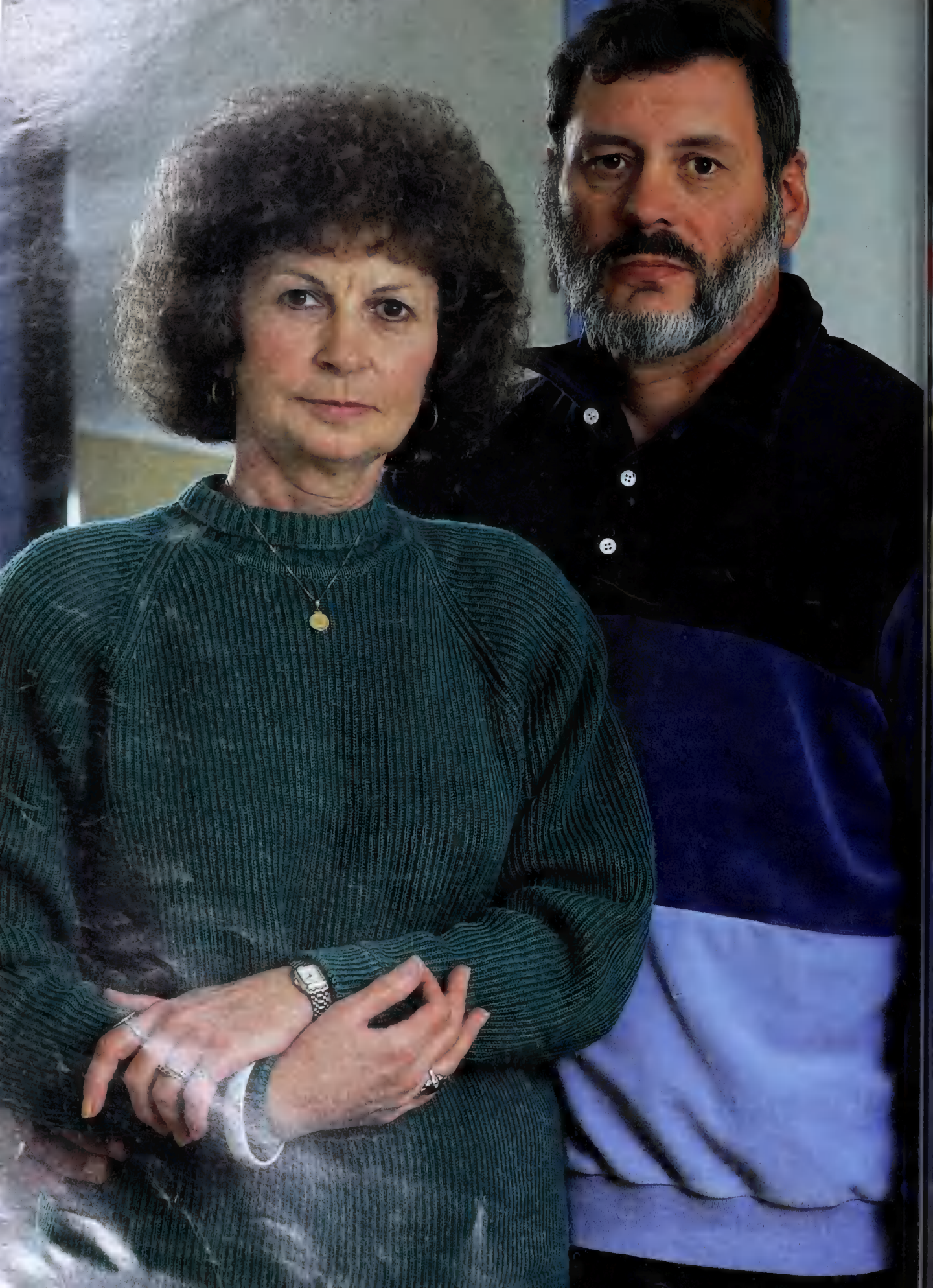
1990

BY ANN MARIE CUNNINGHAM

Thirty years ago this month, the oral contraceptive was approved for sale—and transformed our lives like nothing before or since. The *Pill, we called it, and everyone from teenage boys to country singers to eminent theologians knew just what we meant. In this age of AIDS, when the very idea of Sexual Revolution seems both archaic and dangerous, it's easy to forget how truly liberating the Pill seemed to be in 1960. Nothing else in this century—perhaps not even winning the right to vote—made such an immediate difference in women's lives. Overnight, the Pill gave women control of their reproductive systems; no longer was biology our absolute destiny.*

Used properly, this contraceptive was virtually 100 percent effective, and it provoked profound social change. The Pill helped lower the birth rate and end America's baby boom in 1964. It spurred sexual frankness and experimentation. It allowed women to think seriously about careers because they could postpone childbirth. And it sparked the feminist and pro-choice movements; once women felt they were in charge of their own bodies, they began to question the authority of their husbands, their bosses, their doctors and their churches. As Founding Feminist Betty Friedan says today: "In the mysterious way of history, there was this convergence of technology that occurred just as women were ready to explode into personhood."

Yet for many women, the Pill turned out to have a decidedly bitter aftertaste. The early versions were at best inconvenient and at worst dangerous, with alleged side effects ranging from dampened libido, depression and weight (continued on page 183)





Ken Frick

Joyce and Joe Cruzan outside the hospital room where their daughter lies, unaware of the legal battle raging about her. Joyce hung the sun hat on the door five years ago to remind herself of how Nancy loved the outdoors

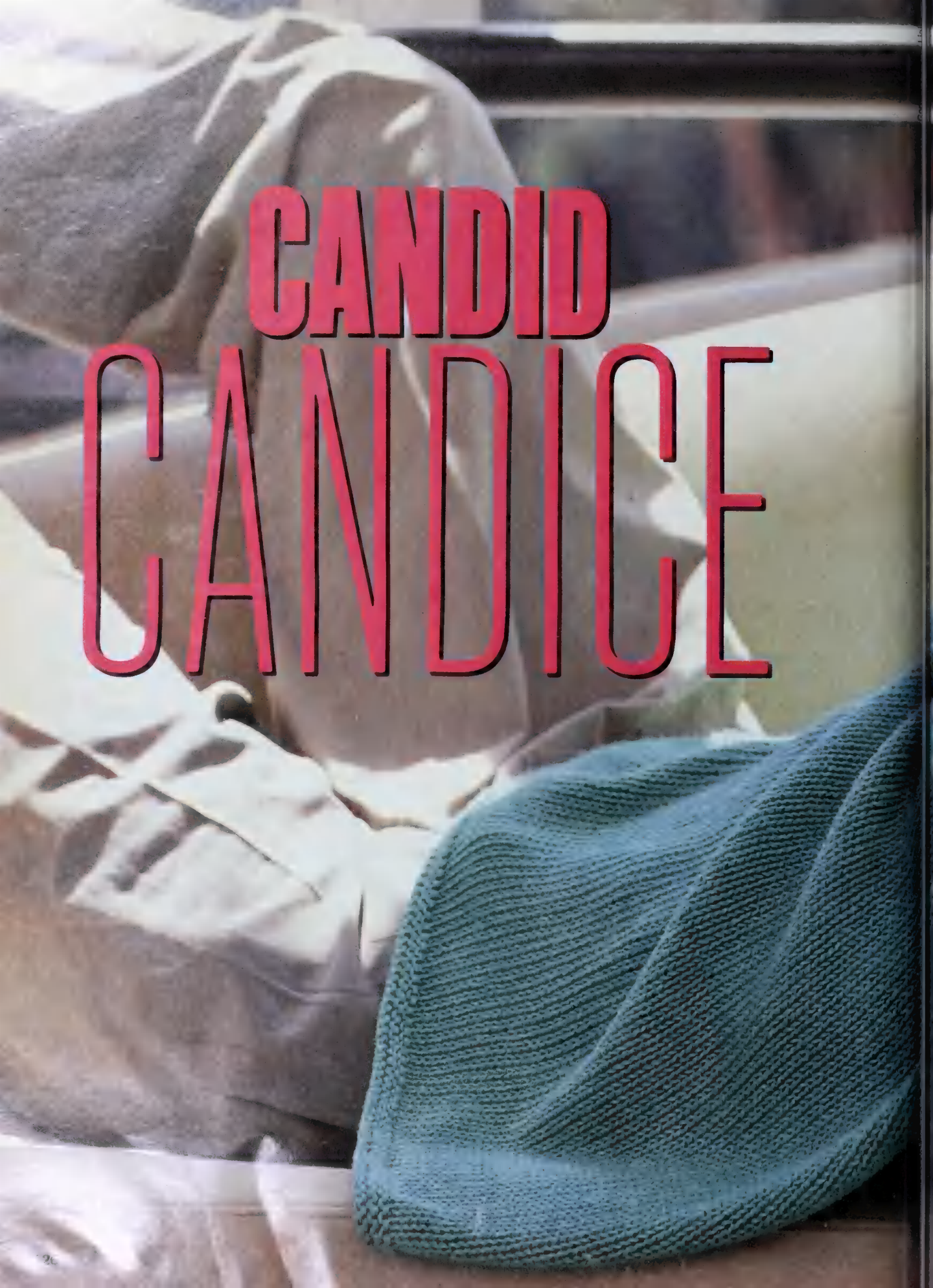
PRIVATE AGONY, PUBLIC CAUSE

THE VICTIM OF A TRAGIC ACCIDENT, NANCY CRUZAN HAS SPENT MOST OF HER ADULTHOOD HOVERING BETWEEN LIFE AND DEATH. NOW HER PARENTS ARE FIGHTING TO FREE HER FROM THIS LIMBO. AN EXCLUSIVE INTERVIEW WITH THE FAMILY BEHIND THE MOST CONTROVERSIAL RIGHT-TO-DIE CASE IN THE COUNTRY

By Deborah Beroset Diamond

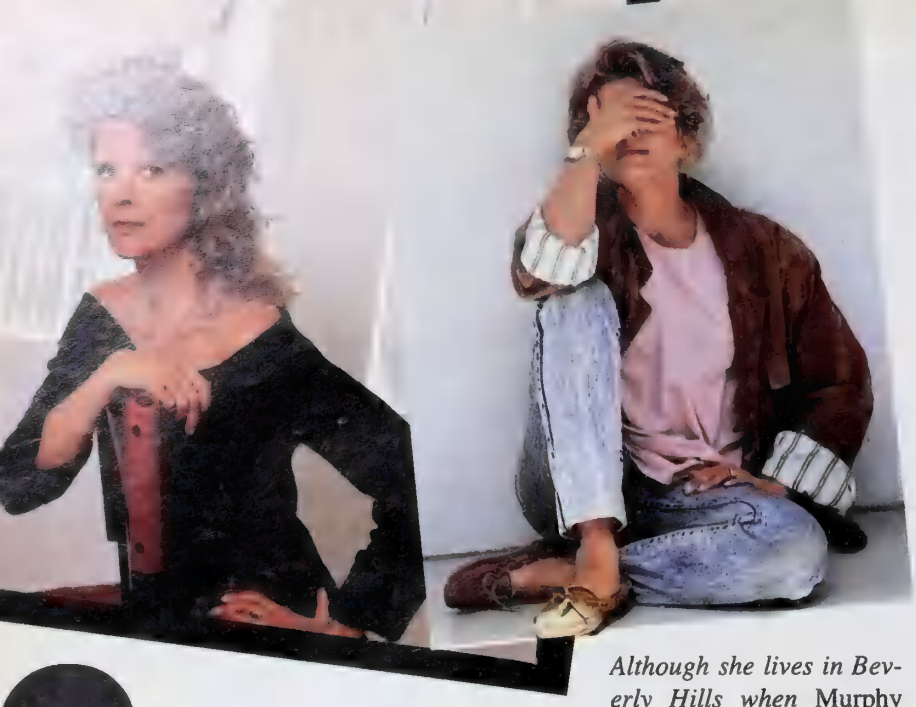
JOE AND JOYCE CRUZAN ARE AN UNLIKELY COUPLE to be at the center of a national debate. They are simple people in the best sense of the word—warm, unassuming, straightforward, not accustomed to sharing their sorrows with strangers. But during the past seven years, their lives have been made painfully public, dominated by a personal tragedy that has become the subject of a profound legal and ethical controversy.

On January 11, 1983, the Cruzans' daughter Nancy was critically injured in a car accident. Today, at age thirty-two, she lies in a southwestern Missouri hospital bed, irreversibly brain damaged and more *(continued on page 178)*


CANDID
CANDICE



THE STAR OF TV'S "MURPHY BROWN" SPEAKS FRANKLY ABOUT HER CAREER, HER CHILD AND GROWING OLD GRACEFULLY. WHO GOT THE SCOOP? NONE OTHER THAN INTREPID REPORTER LINDA ELLERBEE—ONE OF MURPHY'S REAL-LIFE INSPIRATIONS



Can you imagine that tough-talking newswoman Murphy Brown grilling Candice Bergen, the actress who plays her every Monday night on CBS? Don't worry—Bergen didn't have to interview herself; LHJ *asked Linda Ellerbee, the outspoken former TV reporter, author and syndicated columnist, to do the job. That's only fitting, since Linda—a friend of Bergen's who has guest-starred on the hit show—supposedly inspired parts of Murphy's fearless character.*

The daughter of renowned ventriloquist Edgar Bergen and his wife, Frances, forty-three-year-old Candice has lived with fame all her life. She grew up as Hollywood royalty and while still in college launched a career as a cover girl. She also began acting and landed a role in the 1966 film The Group. *Over the years, movies such as* Carnal Knowledge *with Jack Nicholson,* The Wind and the Lion *with Sean Connery and* Starting Over *with Burt Reynolds followed, as did successful stints as a photojournalist and author. (Her 1984 autobiography,* Knock Wood, *became a best-seller.)*



Like Murphy, Ellerbee shoots from the lip

Although she lives in Beverly Hills when Murphy Brown *is filming, Bergen has criticized what she sees as the narcissistic, narrowly focused movie community of today, and says she's much happier raising her four-year-old daughter, Chloe, at their apartment in New York and at their farmhouse in France. Married to leading French film director Louis Malle, who made* Atlantic City, Au Revoir Les Enfants *and the upcoming* May Fools, *Bergen says she wants to bring up Chloe without spoiling her.*

Murphy and her alter ego share wicked wit, intelligence and a classic sense of style, but they're not twins. Ms. Brown is the complete conflicted single career woman of the late eighties; she is professionally tough and personally vulnerable—a recovering alcoholic who has yearned for a baby. Ms. Bergen, though, is nineties, drawing back on her career track to spend more time with her family.

Although Bergen likes to think of herself as just a typical working mother, that's not exactly the case: She has a full-time nanny and gets four months off every year.

Still, making it all work can be hectic, even for a star. Just ask Candice. Linda did—along with lots more.

You've got a successful career, a marriage and a baby. And that's hard to do all at once. I raised two kids on my own while I worked, too, and people always used to ask me how I managed to balance everything . . .

It's a ridiculous question. Yet, you know, I find myself reading magazines to find out how other women do it—because it *is* really difficult . . . Everybody is expecting me to do a movie on my hiatus. *I* know I can't. In three or four years my daughter is going to be on her own phone all the time, so I don't want to miss this time. Having a child late, I find there's nothing more riveting to me, and there's nothing more important or more enjoyable than spending time with her.

You were already a successful actress when you had Chloe. Was it hard to make the transition to mother?

It was a little hard for me to disappear into motherhood completely. I didn't work for three years after Chloe was born, and I really loved that time. Then I think it started making me a little crazy. Louis knew that it was getting me crazy sooner than I did. But I loved it and only got back to working full-time because *Murphy Brown* came up and I knew I would never find anything I liked as well as that.

Even for a star—or maybe especially for one—I guess it's tough to skip work if your child needs you.

It really gets to you when you can't get out of work. If she's not feeling well and it's a show day for me, I can't get out. One day it happened, and I brought her to work. Chloe only had a cold and came to work in her flannel robe. She played in my trailer and was happy doing that.

What are you going to do on the days—and it will happen—when her school play takes place on a show day?

I'm already worried about this, because I missed her Christmas play last year. Now, she was only in preschool, so I rationalized it, and I didn't get the sense from her that it was *that* important to her that I be there. But I'm already *(continued)*

Photos, from top: Greg Gorman/Gamma Liaison, Nancy Moran/Outline.

How easy is it to plan a winter baby?

It's not as easy as you might think, but the FIRST RESPONSE® Ovulation Predictor Test can help.

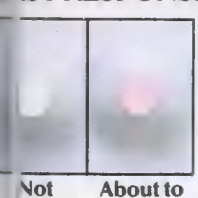
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even if your cycle isn't always
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hich over-the-unter ovulation edictor test do B/GYNs recommend most?

ST RESPONSE® Ovulation Predictor Test is recommended most by OB/GYNs.** It's also the test preferred by more women. The new FIRST RESPONSE® Ovulation Predictor Test is very easy to use. In just 10 minutes, a color change from ite to a pink reference color means you'll ovulate 12 to 24 hours. Unlike other ovulation tests, re is no need for day-to-day test comparisons.





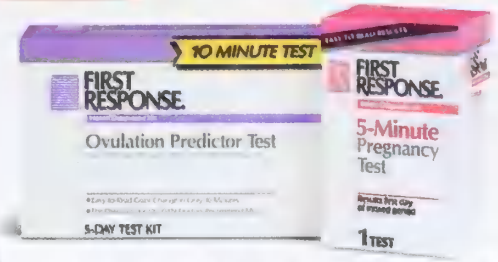
Is the FIRST RESPONSE® Pregnancy Test easy to do and easy to read?

Yes. With the FIRST RESPONSE® Pregnancy Test, there are just a few simple steps to do. In 5 minutes, any time of day, this test gives you a clear, accurate "yes" or "no" result. If it turns pink, you are pregnant. If it's white, you are not pregnant. Either way, there is no confusion.

How early can the FIRST RESPONSE® Pregnancy Test tell if you're pregnant or not?

The FIRST RESPONSE® Pregnancy Test is so sensitive, it can detect very small amounts of the pregnancy hormone. That's why this test can tell you if you're pregnant or not on the very day you miss your period. No other home test can be used earlier.

Questions? Call toll-free:
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FIRST RESPONSE®
HOME DIAGNOSTIC KITS

One test is worth a thousand guesses.

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ST RESPONSE® Ovulation Predictor Test is not effective as a contraceptive. **Data on file, Tambrands Inc.

(continued) thinking about next year's Christmas play. I'm going to see if *Murphy Brown* can schedule around it because I can't *not* go to these things.

From here to maternity

You were thirty-nine when you had Chloe. How did you get the courage to do it then?

Well, I was very frightened. I was concerned about losing my mobility. I was concerned about the impact on our marriage. We had been married five years already. I was worried that I had no maternal instincts—that I wouldn't know how to do it. I was totally unprepared for a child. I didn't know what to put in the nursery. I didn't know what to buy. I had no idea what babies wore. I thought, How have women done this for thousands of years? How do they know how to do it? And now I wish I weren't so old because a second would be so much easier now that I had this crash course.

Do you think you'll have another one?

I just got a puppy, and I'm exhausted with it. I think, How could I have another baby? Although if I weren't too old, which I probably am, I would love to have another one.

On celebrity childhoods

You were the daughter of a famous person, and Chloe is the daughter of a famous person. Are you raising her differently from how you were raised?

I'm raising her very similarly to the way I was raised. She has much less expensive clothes and fewer toys, less expensive toys, than a lot of kids she knows. I've really made an effort, which my parents did, too, to give her a sense of values or just not to surfeit her with excess. I don't take her on *(continued on page 190)*



FAITH FORD: F.Y.I.

Being the *other* blond on *Murphy Brown* isn't always easy. But Faith Ford loves playing Corky Sherwood, the simpering reporter who infuriates Murphy with her well-intentioned but ill-expressed advice ("You should floss—a middle-aged mouth is a playground for gum disease"). While Corky *has* been known to mastermind a story away from Murphy, it's more likely that her time on the television newsmagazine *F.Y.I.* will be spent covering séances or health spas for pets.

That's Corky. And Faith? Well, she, too, is a small-town Louisiana gal who's made it in the big city at age twenty-five, with finely honed cooking skills and mothering instincts ("I'll ask my friends for advice but end up with *me* kind of taking care of *them*," Faith says).

The similarities are intentional: The show's creator, Diane English, has made it a point to borrow aspects of the actors themselves to flesh out the characters. "We wanted someone who truly idolized Murphy Brown," English recalls. "And we were waiting for someone to come in and make us laugh in an unexpected way."

Faith pushed all the right buttons. When the audition ended, instead of leaving, she said, pausing, "You know, I've been thinking a lot about the character, and if she were at a party and somebody asked her to dance, this is the way it might be." Standing up, she moved into what English remembers as "a constricted Southern belle version of the frug. She was very brave to do it—but it really worked!"

After winning the part, Faith spent even more time thinking about Corky. She wanted her to be multidimensional, albeit kooky, with room to grow. And she made certain, in discussions with the show's creative staff, that Corky would not be demeaned. "I don't want her to be the butt of everyone's jokes," she says.

That is where the actress and her self-obsessed character part company. Corky, a former Miss America first runner-up, "wants to be on camera—that's the main thing," says Faith. "She doesn't think much about whether or not she's respected. I'm a hard judge on myself—probably my worst critic. She gets away with more than I could. And she's a lot more honest than I'd be able to be. She'll come right out and tell Murphy, 'You *know* how you retain *water* when you're *tired*.' "

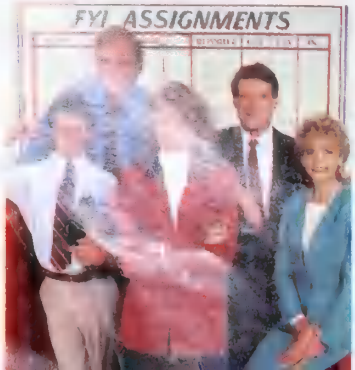
Faith first experienced life in the fast lane as a teenage model. Her mother, a schoolteacher, entered her in a *Teen* magazine model search, and Faith ended up as a regional finalist. She skipped her senior prom to head to New York, but the world of models—filled with girls in their mid-teens who'd traveled the globe, used drugs and entangled themselves with older men—soon lost its allure.

All along, she studied acting. Her teacher, a casting director for soaps, got her a stint on *One Life to Live*. Then came a role on *Another World* and some commercials. She auditioned for Diane English for a guest appearance on *My Sister Sam*; Faith didn't get the part, but English remembered her later.

Faith's general good fortune extends to romance with her husband, Robert Nottingham. They met in an acting class. Is he an actor? "Actor . . . maybe real estate," she says hesitantly. "We're not sure yet. He loves both." He's even been a carpet salesman. "It's good money and good experience," she explains, her practical side emerging. "What makes him interesting to me is that he's so multifaceted."

Not unlike Faith herself.

—MICHAEL J. BANDLER



The gang's all here: Candice with co-stars (from left) Grant Shaud, Joe Regalbuto, Charles Kimbrough and Faith Ford

The way a woman wants to feel.





ey, soft, smooth. *Gillette Daisy Plus™*

The Daisy Plus Moisture-Smooth™ strip releases moisturizers as you shave and lets the twin blades glide safely and smoothly over your skin.

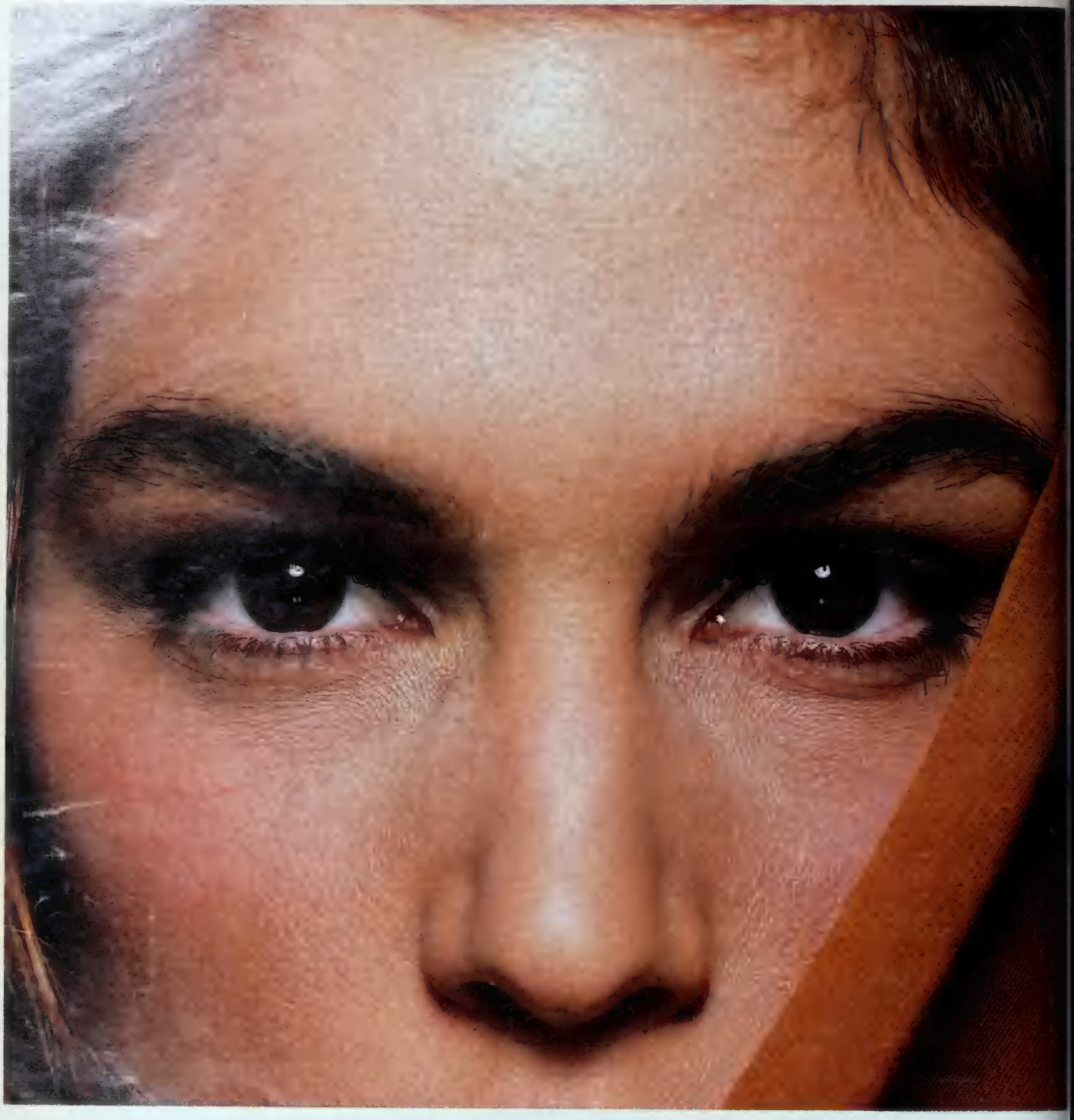

SIZZLE



SUPERMODEL CINDY CRAWFORD IN THE HOT LOOK OF SUMMER

Cindy turns up the heat for world-famous French photographer Patrick Demarchelier. Revlon creates her shades-of-summer evening look: Eyeshadow Prisms in The Bronzes, Super Lustrous Mascara in Black Cat Black, Super Lustrous Lipstick in Cinnamon Bronze. Calvin Klein dress. Artwear earrings. Hair, Maury Hopson; makeup, Moyra Mulholland.

BY LOIS JOY JOHNSON, BEAUTY AND FASHION DIRECTOR



At twenty-four, Illinois-born Cindy's a seven-year veteran who knows how to make the most of her alluring look. In fact, the makeup shades that look so spectacular on her just happen to be the most popular palette of the summer: down-to-earth browns, sandy beiges and tawny cinnamons infused with a sexy shot of gold. All makeup, Revlon: Custom Eyes Eyeshadow in Ranch Mink, Bali Brown and Superfrost Beige, Waterproof Eye Shaper in Onyx, Super Rich Waterproof Mascara in Black. Right: That famous mole, which makeup artists tried to hide at the start of Cindy's career, is now her trademark. Cindy takes a shine to a seductive mouth with Super Lustrous Lipstick in HighBeam Copper by Revlon. Carmello Pomedoro chiffon scarf; Gerard Yosca earrings.







ıe's the model of the
moment, with an
ıforgettable face and
ɔdy that epitomizes the
verve for curves. Here
shows off two barely-
e looks in muted colors
ıat can go from day
inner. Left, Cindy's sultry
ı hushed pink hues.
makeup, Revlon: Custom
s Shadow Duos in Earth,
ın Drops Lipstick in Gold
ped Rose, Revlon Nail
amel in Sun Goddess
ık. Perry Ellis sweater;
nstein Ross gold ring.
ght: Cindy's a natural
uty in neutrals that are
deal for hot summer
ights. All makeup,
lon: New Complexion
Makeup in Natural
ge, New Complexion
wder in Translucent
Medium, Eyeshadow
isms in The Tawnies,
terproof Eye Shaper in
Pecan, Fabulash
Brush Mascara in Black,
Naturally Glamorous
sh-On in Sandalwood
eige, Super Lustrous
ɔstick in Winter Tans.
ıne Klein silk jacket;
Artwear earrings.

WRAP IT UP

Proof positive that you don't need to bare all in a teeny-weeny bikini to look like a bombshell. From left: Eileen Yip's clay halter suit by OMO Norma Kamali sports a sexy, tummy-trimming sarong. Her twin sister, Doreen Yip, skirts the issue, too, with a black bikini and beach mini by Donna Karan (the bra top and skirt minimize a long torso). Leni Posner Pezza's tobacco sun set, by OMO Norma Kamali, boasts a pinched bandeau top that creates cleavage and a ruffled mini that hides the widest part of thighs. Bonnie Levy's forties-inspired white suit by Esther Williams has a longer, shirred bottom that stylishly blurs tummy bulges.



SUITS YOU!



SHOULDER SMOLDER

The classic strapless is a favorite of those who hate strap lines, and the newest styles offer an ocean of slimming solutions. Far left: Candace Bushnell is a sight for shore eyes in a black lingerie look by Slimsuit. (P.S. All Slimsuits feature a special lining that tightens the tummy and pares up to five pounds!) No need for Ellen Goldstein to fish for compliments in her tropical Gottex suit—the modified high-cut style creates a lithe look. Right: Sandra Brandon-Lee jumps for joy in a wild leopard suit by Pierre Cardin. Down-the-middle shirring fudges a less-than-firm midriff.



MAKE A SPLASH

Want to slip on a suit that stands out in a crowd? Far left on Barbara Albrecht and near left on Mala Persaud, Gottex's "Obsession" suit sports built-in French cups for bralike support and wide, evening-dress–style straps set far apart for extra upper-body definition and dazzle. Go for attention-grabbing gold or flashy pink and aqua. Taking center stage is Andrea Zaldivar in a pretty apricot dotted maillot by Too Hot Brazil—another great shape maker with underwire cups and adjustable straps.

NEW STYLES FOR EVERY BODY

DOES SEARCHING FOR THAT PERFECT SWIMSUIT MAKE YOU WANT TO SHUN THE SUN? WELL, WE'VE MADE IT FUN! WE ASKED WOMEN WITH BODIES THAT ARE REAL, *NOT* IDEAL, TO TRY ON HUNDREDS OF SUITS. THEY DISCOVERED A SLEW OF SENSATIONAL STYLES THAT FLAUNTED ASSETS, CONCEALED FLAWS AND MADE THEM FEEL ULTRASEXY

Photos, James Phillips. Hair, Stephane Lempire; makeup, Rex. Details, page 162.

THINK TANKS

These pool-hardy suits are perfect for serious swimmers, but they've also got figure-flattering details to keep you sleek while you're soaking up the sun. From left: If you're waist-conscious, choose a suit like Judy Galip's tiger tank by Pierre Cardin—the wide straps and sweetheart neckline focus attention up top. Vivian Sutlin's tangerine tank by Avon Fashions is an easy-wear ribbed knit with a bit more structure. Arden Chapin's fiery red T-back tank, also by Avon Fashions, is a comfy cotton/poly blend for a no-pinch fit.



SUITS YOU!



SHIPSHAPE

Need curve control? Nothing flatters a buxom build better than a halter suit. From far left: Elizabeth Soltezzo is about to twist and shout in a pretty floral print by Esther Williams. It's basically a bandeau with thin halter straps for more lift. On the bright side are Hope Kitay in Jimmy Z's orange maillot and Dorisa Guzman in a turquoise suit by Jantzen. Both benefit a full bust with contoured underwire cups that subtly lift and shape.



TAKE THE PLUNGE

Maillot my! These racy suits with low-diving necklines would never have left the racks if we hadn't offered lots of encouragement to our three shoppers. Though seemingly skimpy, these suits are strategic selections because they help shape the bosom and lengthen the torso. Strutting their stuff from left: Stephanie Bell in OMO Norma Kamali's khaki halter suit—the flirty shirred skirt deftly conceals a not-so-firm derriere; Montie Mills Perry's pink polka-dot suit by Bill Blass and Jane Farrell's copper maillot by Anne Klein both divert attention from wide hips.

BOLD STROKES

Two body-sleekening suits guaranteed to give you the racer's edge. Marion Sossi, above, earns wave reviews—her Body I.D. suit has a Lycra-boosted tummy-control panel and wide black side stripes that optically trim her torso. Marilyn Musial's electric-yellow tank by Avon Fashions also has waist-whittling black side panels and a front zip to show off a great décolletage.



SUITS YOU!

NOW THAT WE'VE FOUND THE STYLES TO KEEP YOU IN THE SWIM, MAKE SURE THEY FIT YOU TO A TEE. HERE ARE OUR BEST TRY-ON TIPS

■ When shopping for a suit, timing is everything. Never head for the store when you're stressed out or premenstrual—under those conditions, you'll think every suit looks awful. The best time to shop? Right after a workout, when you're feeling good about your body.

■ Don't judge a suit by the way it looks on a hanger. All of our models first headed straight for conservative styles in safe, solid hues, but after a bit of coaxing they ended up in colors and patterns and cuts they never thought they could wear! The moral: Don't restrict yourself to plain suits that might have worked for you in the past. After all, swimsuit season is the best time to be daring with trendy fashions, so go for those standout polka dots and wild animal prints!

■ Try lots of styles to discover which ones (there may be several!) look great on you. Good news: Many swimsuit companies have made it easy to find suits that are perfect for *your* body type. For instance, Body I.D. and Sandcastle for Cole of California attach tags to their suits that pinpoint different body problems (for example, full bust or long torso), so selection is a cinch. The Slimsuit features a corsetlike lining that can reduce your measurements by inches—it even comes with a measuring tape to prove it! Keep in mind, though, that many of today's suits are made to hide figure problems *and* to spotlight assets, so don't be satisfied with mere camouflage—look for a suit that also makes the most of the parts that rate (fabulous shoulders, a sexy back).

■ Once you find a style that suits you, choose a color that's equally flattering. If you're pale or your skin tone is rosy, you'll look terrific in clear shades of red, blue and violet, electric fuchsia and cobalt, and watercolor lavenders, pinks and blue-greens. If your skin tone is yellow or tawny, try yellow-based shades of apricot, orange, gold, lime, copper and khaki. Of course, *everyone* can wear black. Note: Be sure any pale-colored suit you buy is lined, and never substitute a leotard for a real swimsuit—it's see-through when wet.

■ Give a suit a workout in the dressing room: Sit, bend over, squat, kneel—do all the movements you would do on the beach or by the pool. How does the suit look from all angles? Does it cover adequately? Is it comfortable? ■

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All my life I had weight problem, hen I lost 24 pounds."

—Cheri Browner

"I had been overweight all my life. But ter my first pregnancy it got worse.
"I tried lots of diets but they never seemed work. They just left me feeling hungry.
"But then my pharmacist told me about the exatrim diet plan. It turned out to be all the lp I needed to lose weight. With Dexatrim,® ound I ate less simply because I wanted less.
"I just took one Dexatrim in the morning d I was fine all day. I didn't even feel like I as dieting. I could just say, 'No thank you' d mean it. I still ate the foods I loved—st less of them.
"For the first time I was in control.
"But it was at a family wedding at I really felt proud. People dn't seen me in months. My sband's whole family was ere. They just couldn't lieve it was really me. veryone was stunned.
"And, you know what, it as Dexatrim that made it ssible. I never want to go ck to the old me. And with exatrim, I won't."

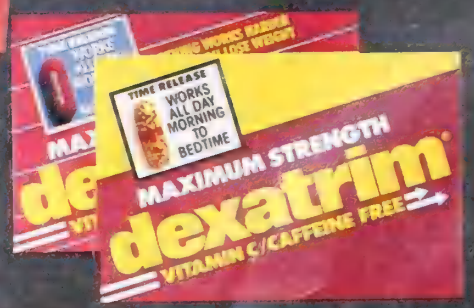
exatrim controls your petite so you eat less nd lose weight. And it has caffeine to make you ervous.

fact, in a recent national sur-ey of pharmacists, Dexatrim as recommended more than ny other weight loss product.

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heri Browner may not be typical of the average Dexatrim user. Weight loss varies ith the individual depending on a variety of factors. Most users need to lose less weight.



After 360 Years Of Brewing, We Still Don't Know A Thing About Beer.

Every one of our prepared sauces begins with our soy sauce. A sauce we've been making since 1630.

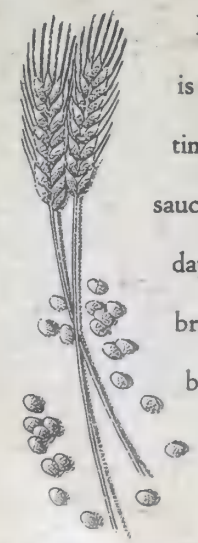
Of course, we know the history of soy sauce isn't exactly a subject that crosses your mind every day.

But, we think, the *way* we make soy sauce is something to be mindful of the next time you go shopping. Unlike most soy sauces, which are produced in a matter of days, Kikkoman Soy Sauce is naturally brewed much like a premium beer. Soybeans are blended with wheat in a mash and then fermented.

A brewing process that takes nearly six months. What results is a natural, aromatic flavor that celebrates (not conceals) the taste of your favorite foods.

Further food for thought. Our prepared sauces are not just for Oriental cooking. Quite the contrary. In fact, we have more recipes for Kikkoman than there are beer drinkers in the world. Well, almost.

To receive free Kikkoman recipes send a self-addressed stamped envelope to: Kikkoman International Inc., Dept. CS1H, P.O. Box 784, San Francisco, CA 94101.

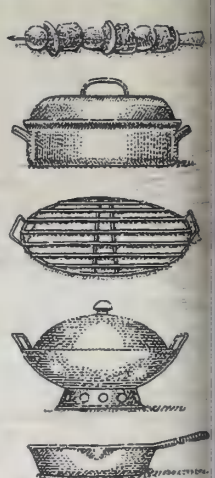


Kikkoman Soy Sauce is brewed much the same as a premium beer.









Whatever you cook and however you cook it, Kikkoman has a sauce to surprise even the most jaded of palates.







FOOD JOURNAL



In the good old summertime, everyone loves to share a great meal and lots of laughs with family and friends. So what could be more festive than our perfect party menus? Whether you prefer a casual backyard cookout or cocktails on the veranda, we've got all the ingredients for high-spirited celebrations



TRIPLE-TESTED LHJ RECIPES

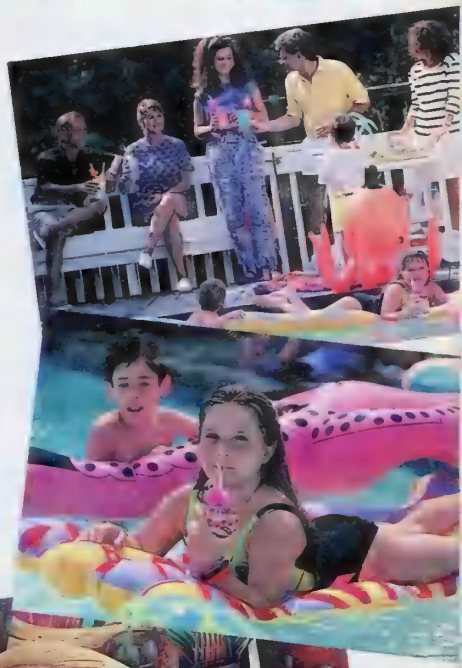


Clockwise from top: Sesame-White Bean Dip with Garlic Pita Chips and Crudités; Herbed Clams in White Wine



PERFECT SUMMER PARTIES

BY JAN HAZARD, FOOD EDITOR





Peach Crisp with Raspberry-Strawberry Ice



JUNE IS BUSTIN' OUT ALL OVER! IN PRAISE OF THE FREE-AND-EASY SEASON: THREE REFRESHING MENUS WITH DO-AHEAD RECIPES FOR DELICIOUS AND TRULY EFFORTLESS ENTERTAINING

POOL PARTY

After a hot, hectic week in New York City, the Morellis head straight for the fresh air and sunshine of their East Hampton summer home. There, attorney Ben and his wife, Arlene (top photo, right), along with their two young sons, Justin and Alexander, relax on the deck and play in the pool, often with a crowd of neighbors joining the fun. The perfect complement to such blissful afternoons? A healthful, light-as-a-breeze luncheon that suits both children and adults swimmingly: Herbed Clams in White Wine; Sesame–White Bean Dip with Garlic Pita Chips and Crudités; Lemon-Herb–Grilled Chicken; Grilled New Potato Kabobs and Grilled Ratatouille; and Peach Crisp with Raspberry-Strawberry Ice. For recipes, turn to page 152.

PERFECT SUMMER PARTIES



Lemon Bavarian with Strawberry Sauce









Mini Crab Cakes with Dijon Dipping Sauce

GARDEN PARTY

When Jay and Lilia Jordan entertain, guests know they'll be treated to a true gourmet feast. The Jordans (fourth photo from top, center), parents of one-year-old Katrina, are both professional chefs (as a matter of fact, they met at the Culinary Institute of America). Though they enjoy serving up special meals to friends all year-round, they especially love the informality of outdoor dinners on languid summer evenings. The beautiful parklike yard with its weathered flagstone patio behind their Mahopac, New York, home is ideal for an alfresco bill of fare. The Jordans shared one of their favorite menus with us—a savory meal that makes the most of summer-fresh seafood and garden herbs and vegetables. For starters: Mini Crab Cakes with Dijon Dipping Sauce and Tuscan Eggplant Canapés. The main event: Grilled Salmon with Lemon-Lime Marinade. On the side: Couscous Salad, and Mixed Greens with Walnuts and Blue Cheese. The grand finale: zesty Lemon Bavarian with Strawberry Sauce and Apricot-Almond Shortbread Bars. For schedule and recipes, turn to page 155.



Clockwise from below: Couscous Salad; Grilled Salmon with Lemon-Lime Marinade; Mixed Greens with Walnuts and Blue Cheese


Raspberry Hazelnut Brownies;
Strawberries with Crème Fraîche

PERFECT SUMMER PARTIES









Cilantro-stuffed Eggs



PORCH PARTY

On tiny Belle Island, in Rowayton, Connecticut, all one hundred families live in charming homes by the sea. When Sue and Trey Kipp (second photo from top, center) built their Victorian-style house two years ago (Sue's a general contractor, Trey's a lawyer), they made sure the design included a big front porch—perfect for entertaining. The Kipps like to throw cocktail parties, so we created a festive spread of hors d'oeuvres that can double as a light supper. We didn't forget to include dessert, to send friends on their way with sweet smiles. Appetizing cocktail fare: Potted Shrimp; Pesto Brie; Cilantro-stuffed Eggs; Asparagus with Tarragon Dipping Sauce; baked ham with Cornmeal-Buttermilk Biscuits; Chicken Curry with Spicy Puffs; Raspberry-Hazelnut Brownies; and strawberries with crème fraîche. For schedule and recipes, turn to page 159.



Baked ham, Chicken Curry with Spicy Puffs and Cornmeal-Buttermilk Biscuits

SUMMER PARTIES
continued

Easy · Moderate · Challenging · Microwave

BARBECUE FOR TWELVE

pictured on pages 146 and 147

Herbed Clams in White Wine
Crusty bread
Sesame–White Bean Dip with Garlic Pita Chips and crudités
Lemon-Herb–Grilled Chicken
Grilled New Potato Kabobs
Grilled Ratatouille
Peach Crisp
Raspberry-Strawberry Ice
Beer, wine, sparkling water

SCHEDULE

2 days ahead:
1. Buy wine, beer and groceries.
2. Make garlic pita chips.
3. Make syrup and puree for berry ice.

1 day ahead:
1. Make bean dip.
2. Marinate chicken.
3. Cook potatoes and marinate.
4. Prepare ratatouille.

4 hours ahead:
1. Cut vegetables for crudités; refrigerate.
2. Prepare peaches and topping for crisp.

1 hour ahead:
1. Assemble crisp and bake.
2. Remove ratatouille from refrigerator.

30 minutes ahead:
1. Prepare grill.
2. Set up dip and crudités.
3. Skewer potatoes.

15 minutes ahead:
Prepare herbed clams.

As guests arrive:
1. Begin grilling chicken.
2. Grill potato kabobs.
3. Finish berry ice.
4. Cut up bread.

HERBED CLAMS IN WHITE WINE

This spicy Italian broth is great for mussels, too.

Prep time: 10 minutes ○
Cooking time: 20 minutes

- **2 tablespoons olive oil**
- **1 tablespoon minced garlic**
- **4 plum tomatoes, seeded and chopped fine**
- **2 tablespoons chopped fresh oregano**
- **½ teaspoon red pepper flakes**
- **½ teaspoon freshly ground pepper**
- **½ cup *each* white wine and water**
- **2 tablespoons fresh lemon juice**
- **4 dozen littleneck clams or quahogs, scrubbed**

Heat oil in saucepot. Add garlic and tomatoes; cook 5 minutes. Add next 6 ingredients. Bring to a simmer. Add clams. Cover; cook until shells open, 5 to 15 minutes. (Discard unopened shells.) Serve with bread. Makes 12 servings.

Nutrition info per serving: 70 calories, 8 gm protein, 3 gm fat, 3 gm carbohydrates, 35 mg sodium, 20 mg cholesterol.

SESAME–WHITE BEAN DIP

Tahini (sesame paste, available at gourmet and health-food shops) lends this dip a Middle Eastern taste.

Total prep time: 10 minutes ○

- **1 can (19 oz.) white kidney beans, drained**
- **¼ cup tahini**
- **2 tablespoons fresh lemon juice**
- **¼ teaspoon *each* salt and freshly ground pepper**
- **¼ cup olive oil**
- **¼ cup chopped green onions**
- **1 tablespoon sesame seeds, toasted**

Combine first 5 ingredients in food processor. With machine on, add oil and process until smooth, 30 seconds. Stir in green onions. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Sprinkle with sesame seeds. Serve with Garlic Pita Chips and crudités. Makes 2 cups.

Nutrition info per tablespoon: 40 calories, 1 gm protein, 3 gm fat, 3 gm carbohydrates, 57 mg sodium, 0 mg cholesterol.

GARLIC PITA CHIPS

Prep time: 10 minutes ○
Baking time: 10 minutes

- **¼ cup butter or margarine**
- **1½ teaspoons minced garlic**
- **¼ teaspoon freshly ground pepper**
- **4 whole wheat pitas, split**

Preheat oven to 400°F. Melt butter in saucepan over low heat with garlic and pepper. Brush on pita halves. Cut each half into 6 wedges and place buttered side up on cookie sheet. Bake 10 minutes or until toasted. Cool. *(Can be made ahead. Wrap; store at room temperature up to 2 days.)* Makes 4 dozen.

Nutrition info per chip: 25 calories, 1 gm protein, 1 gm fat, 3 gm carbohydrates, 40 mg sodium, 3 mg cholesterol.

LEMON-HERB–GRILLED CHICKEN



To enhance the flavor of the chicken, slash the skin so the marinade can penetrate.

Prep time: 30 minutes plus marinating ○
Cooking time: 25 to 30 minutes

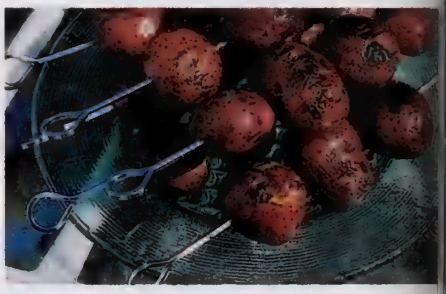
- **1 tablespoon grated lemon peel**
- **Juice of 2 large lemons (about ⅓ cup)**
- **¼ cup olive oil**
- **¼ cup chopped fresh parsley**
- **2 tablespoons minced shallots**
- **1 tablespoon minced garlic**
- **1 teaspoon chopped fresh thyme**
- **½ teaspoon salt**
- **¼ teaspoon freshly ground pepper**
- **3 whole chickens (3 lb. each), quartered**

Combine all ingredients except chicken in bowl. Dip chicken in marinade; place in 3 heavy-duty plastic storage bags with any remaining marinade. Refrigerate 4 hours. *(Can be made ahead. Refrigerate up to 24 hours. Remove from refrigerator 1 hour before grilling.)*

Prepare grill or preheat broiler and broiler pan. Grill over low heat or broil 4 inches from heat source 25 or 30 minutes, turning and brushing with reserved marinade every 5 minutes. Makes 12 servings.

Nutrition info per serving: 405 calories, 41 gm protein, 25 gm fat, 1 gm carbohydrates, 215 mg sodium, 132 mg cholesterol.

GRILLED NEW POTATO KABOBS



Precooked potatoes are quickly grilled just before serving. For best results, select potatoes of uniform size.

Prep time: 15 minutes ○
Cooking time: 9 minutes

- **4 pounds small new potatoes**
- **Salt**
- **⅓ cup olive oil**
- **2 teaspoons minced garlic**
- **½ teaspoon freshly ground pepper**

Place potatoes in salted water to cover in large saucepot. Heat to boiling; boil until potatoes are tender, about 10 to 12 minutes. Drain. Transfer potatoes to large bowl and toss with oil, garlic and pepper. *(Can be made ahead. Cover and refrigerate up to 24 hours.)*

Preheat grill or broiler and broiler pan. Thread potatoes evenly on 6 metal skewers. Grill or broil 9 minutes, turning every 3 minutes and brushing with oil mixture, until evenly browned. Makes 12 servings.

Nutrition info per serving: 175 calories, 3 gm protein, 6 gm fat, 27 gm carbohydrates, 12 mg sodium, 0 mg cholesterol.

(continued)

Big Rewards



With Easy Cream Cheese Clouds.



EASY CREAM CHEESE CLOUDS *(Makes 10)*

- 1 8 oz. pkg. cream cheese, softened
- ½ c. powdered sugar
- ¼ tsp. vanilla extract
- 1 c. heavy cream
- 1 can cherry pie filling
- chopped nuts (optional)

Mix cream cheese, sugar and vanilla at medium speed on electric mixer. Gradually add heavy cream; mix well. Whip until thickened. ◊ Using the back of a spoon, shape into ten 3½" shells. Place on waxed paper-lined cookie sheet. ◊ Freeze two hours or overnight.

When ready to serve, fill with cherry pie filling. ◊ Sprinkle chopped nuts on top if desired.

e Cream Cheese Recipes
l 1-800-753-TIPS

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REATE A STIR WITH CREAM CHEESE.

GRILLED RATATOUILLE



Our grilled version of this French dish adds a smoky, more unusual taste.

Prep time: 1 hour
Cooking time: 50 minutes

- **3 *each* red and yellow peppers**
- **⅔ cup extra-virgin olive oil**
- **2 tablespoons finely minced garlic**
- **3 tablespoons finely chopped fresh basil**
- **1 teaspoon coarse or kosher salt**
- **Freshly ground pepper**
- **3 to 4 small eggplants (about 1½ lb.)**
- **3 small zucchini (about 1 lb.)**
- **3 small summer squash (about 1 lb.)**
- **8 plum tomatoes (about 1½ lb.)**
- **1 Vidalia, Bermuda or other sweet onion (1 lb.)**

Preheat grill. Grill peppers, turning occasionally, until skin is charred, about 20 minutes. Transfer to bowl, cover and steam 10 minutes. Remove skin, stem and seeds, and cut peppers into 1-inch-wide strips.

Combine oil, garlic, basil, salt and ½ teaspoon pepper in small bowl. Slice eggplants, zucchini and squash lengthwise ¼-inch thick. Slice tomatoes and onion lengthwise ½-inch thick. Brush vegetables with oil mixture. Grill 3 inches from heat source in batches, turning once, until tender, about 2 minutes per side. Layer vegetables, alternating colors, in deep 2-quart glass dish, sprinkling each layer with pepper. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Serve at room temperature. Makes 12 servings.

Nutrition info per slice: 175 calories, 3 gm protein, 13 gm fat, 15 gm carbohydrates, 137 mg sodium, 0 mg cholesterol.

PEACH CRISP

Fruit baked under brown sugar, oats and pecans—a summer classic.

Prep time: 25 minutes
Cooking time: 25 to 30 minutes

- **5 pounds peaches, peeled and sliced**
- **2 to 3 tablespoons granulated sugar**
- **1 tablespoon fresh lemon juice**

Topping

- **¾ cup firmly packed brown sugar**
- **½ cup all-purpose flour**
- **1 teaspoon cinnamon**
- **6 tablespoons butter or margarine, cut up**
- **¾ cup oats, uncooked**
- **¾ cup chopped pecans, toasted**

Preheat oven to 375°F. Butter 13x9 inch baking dish. Combine peaches, granulated sugar and lemon juice in large bowl. Spoon into prepared dish. *(Can be made ahead. Cover and refrigerate up to 4 hours.)* Sprinkle topping evenly over fruit. Bake 25 to 30 minutes, until fruit is bubbly. (If topping browns too quickly, cover loosely with foil.) Serve warm with Raspberry Strawberry Ice. Makes 12 servings.

Topping: Combine brown sugar, flour and cinnamon in large bowl. With pastry blender or 2 knives, cut in butter until mixture resembles coarse crumbs. Stir in oats and pecans.

Nutrition info per serving: Without ice, 260 calories, 3 gm protein, 11 gm fat, 41 gm carbohydrates, 6 mg sodium, 16 mg cholesterol.

RASPBERRY-STRAWBERRY ICE

This no-fat dessert is a nice complement to crisps—or try it served alone.

Prep time: 20 minutes plus chilling and freezing

- **1 cup sugar**
- **⅔ cup water**
- **2 pints strawberries, hulled and pureed**



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CHEESECAKE FOR PEOPLE WHO LOVE BROWNIES.

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ups raspberries, pureed and strained
up fresh lemon juice

mbine sugar and water in saucepan; ng to boil. Reduce heat and simmer inutes. Cool.

tir fruit puree and lemon juice into up. Cover and refrigerate 2 hours vernight. *(Can be made ahead. Re- erate up to 2 days.)* Freeze in ice- am maker according to manufactur- directions. Makes 8 cups.

ition info per ½ cup: 70 calories, 0 gm protein, fat, 17 gm carbohydrates, 1 mg sodium, 0 mg esterol.

cipes developed by Carol Prager, thy Jackette, Lisa Brainerd and Ju- Pemberton.

ENU FOR TWELVE

tured on pages 148 and 149
ni Crab Cakes with Dijon Sauce
scan Eggplant Canapés
lled Salmon with Lemon-Lime Marinade
xed Greens with Walnuts and Blue Cheese
uscous Salad
mon Bavarian with Berry Sauce
ricot-Almond Shortbread Bars
y white wine, coffee, tea

SCHEDULE

Up to 1 month ahead:
Bake apricot-almond shortbread; freeze.
2 days ahead:
Buy groceries (except fish) and wine.
1 day ahead:
1. Buy fish.
2. Make crab cakes and Dijon sauce.
3. Prepare filling for canapés.
4. Prepare couscous for salad.
5. Prepare lemon bavarian.

Morning of party:
Make dressing; wash greens; toast walnuts.
4 hours ahead:
1. Marinate salmon.
2. Make berry sauce; refrigerate.
3. Thaw shortbread.

2 hours ahead:
1. Set up coffeemaker.
2. Cut shortbread and arrange on platter.
3. Complete couscous salad.

1 hour ahead:
Assemble canapés; cover.
30 minutes ahead:
1. Arrange salad on platter; refrigerate.
2. Prepare grill.

15 minutes ahead:
Preheat oven.
As guests arrive:
Heat crab cakes, then increase oven temperature to broil; broil canapés.
10 minutes ahead:
Grill salmon.

MINI CRAB CAKES

These appetizers are positively addictive and guaranteed to disappear in a matter of minutes.

Prep time: 20 minutes plus chilling
Cooking time: 10 minutes

2 tablespoons butter or margarine
⅓ cup minced shallots
⅓ cup diced celery
⅔ cup diced red pepper
½ cup diced green pepper
2 teaspoons paprika
12 ounces crabmeat, well drained
2 tablespoons minced fresh parsley
1 teaspoon minced fresh thyme
¼ teaspoon *each* salt and white pepper
1½ cups fresh white bread crumbs
2 eggs, lightly beaten
¼ cup vegetable oil

Melt butter over medium heat in large skillet. Add shallots and cook until translucent, about 3 minutes. Stir in celery, peppers and paprika; cover and cook over low heat, 5 minutes. Cool.

Flake crabmeat in large bowl. Add the cooled vegetables, parsley, thyme, salt and pepper. Toss lightly. Add bread crumbs and eggs; stir just until blended. Shape into 1½- *(continued)*

Zip up tuna with Miracle Whip®



LAYERED TUNA SALAD

- 1½ CUPS MIRACLE WHIP SALAD DRESSING
- ¼ CUP GREEN ONION SLICES
- 2 TEASPOONS DIJON MUSTARD
- 2 (6½ oz.) CANS TUNA, DRAINED, FLAKED
- 1 TEASPOON DILL WEED (OPTIONAL)
- 4 CUPS SHREDDED LETTUCE
- 1½ CUPS (4oz.) MEDIUM SHELL MACARONI, COOKED, DRAINED
- 2 CUPS CHOPPED, SEEDED CUCUMBER
- 2 CUPS CHOPPED TOMATO
- 1 (10oz.) PKG. **BIRDS EYE** FROZEN PEAS, THAWED, DRAINED
- 6 **OSCAR MAYER** BACON SLICES, CRISPLY COOKED, CRUMBLED
- 1 CUP (4oz.) 100% NATURAL **KRAFT** SHREDDED MILD CHEDDAR CHEESE

• COMBINE SALAD DRESSING, GREEN ONIONS AND MUSTARD; SET ASIDE.
• TOSS TUNA WITH DILL.
• IN 3-QUART SERVING BOWL, LAYER LETTUCE, SHELLS, CUCUMBER, TOMATOES, TUNA, PEAS, BACON.
• SPREAD SALAD DRESSING MIXTURE OVER BACON, SEALING TO EDGE OF BOWL. SPRINKLE WITH CHEESE; COVER.
• CHILL SEVERAL HOURS OR OVERNIGHT.
• TOSS TO SERVE. 8 SERVINGS. PREP TIME: 25 MINUTES PLUS CHILLING.

Kraft General Foods, Inc.

SUMMER PARTIES

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cakes; place on cookie sheet. Cov- nd refrigerate 20 minutes.

eat oil in large skillet. Add crab es in batches and sauté until gold- about 3 minutes per side. Drain on er towels. *(Can be made ahead. p and refrigerate up to 24 hours. eat on cookie sheets in 350°F. oven minutes.)* Serve with Dijon Sauce. kes about 3 dozen.

tion info per appetizer: 35 calories, 2 gm in, 2 gm fat, 1 gm carbohydrates, 62 mg sodi- 23 mg cholesterol.

N SAUCE

prep time: 5 minutes ○

isk 1 container (10 oz.) crème che or 1 cup sour cream, 3 table- ons Dijon mustard, 1 teaspoon sug- 1 tablespoon white wine vinegar, salt and white pepper to taste in l until smooth. *(Can be made ad. Cover and refrigerate up to 24 rs.)* Makes 1½ cups.

tion info per teaspoon: 15 calories, 0 gm in, 1 gm fat, 0 gm carbohydrates, 20 mg sodi- 5 mg cholesterol.

AN EGGPLANT CANAPÉS



il these hors d'oeuvres just before ing so the ham does not dry out.

time: 20 minutes ○
king time: 25 minutes

r 5 small eggplants (1 lb. total)
up olive oil
ablespoon finely chopped fresh sage
easpoon *each* salt and freshly ground pepper
oaf (24 inches) French bread
ound prosciutto ham, sliced thin
ound fontina cheese, sliced thin
ablespoon finely julienned fresh sage

pare grill or preheat broiler. Slice plants lengthwise ⅛-inch thick. nbine oil, chopped sage, salt and per in small bowl. Brush eggplant h oil mixture. Grill or broil 4 inches n heat source 3 minutes per side. l. *(Can be made ahead. Wrap and igerate up to 24 hours.)*

ut bread lengthwise in half. Brush sides with remaining oil. Julienne plant. Toss with prosciutto and ese. Place on bread. Broil canapés 2 to 3 minutes, just until cheese is melted. Top with sage. Cut into 1-inch pieces. Serve warm. Makes 40.

Nutrition info per appetizer: 80 calories, 3 gm protein, 4 gm fat, 7 gm carbohydrates, 185 mg sodium, 6 mg cholesterol.

GRILLED SALMON WITH LEMON-LIME MARINADE

On the barbecue, cook only firm varieties of fish, such as tuna and swordfish.

Prep time: 10 minutes plus marinating ○
Cooking time: 8 to 10 minutes

2 lemons
2 limes
3 tablespoons olive oil
2 tablespoons dry mustard
2 garlic cloves, minced
2 teaspoons freshly ground pepper
1 teaspoon salt
12 salmon steaks (8-10 oz. each), 1-inch thick

Grate lemon and lime peel; squeeze juice. Combine peel, juice, oil, mustard, garlic, pepper and salt in small nonaluminum saucepan; bring to boil. Transfer marinade to shallow dish and coat salmon. *(Can be made ahead. Cover and refrigerate up to 4 hours.)*

Prepare grill or preheat broiler and broiler pan. Grill or broil salmon 4 inches from heat source 4 to 5 minutes per side, brushing occasionally with marinade. Makes 12 servings.

Nutrition info per serving: 360 calories, 45 gm protein, 18 gm fat, 2 gm carbohydrates, 283 mg sodium, 123 mg cholesterol.

MIXED GREENS WITH WALNUTS AND BLUE CHEESE

Three lesser-known greens—radicchio, watercress and Belgian endive—give this salad a peppery, bittersweet taste.

Total prep time: 20 minutes ○

Dressing
¼ cup red wine vinegar
¼ cup finely chopped shallots
1 tablespoon chopped fresh oregano
1 teaspoon dry mustard
1 teaspoon sugar
½ teaspoon *each* salt and freshly ground pepper
⅔ cup olive oil

3 medium heads radicchio, torn
4 heads Belgian endive, separated into leaves
2 bunches watercress, stems trimmed
½ cup walnuts, toasted, coarsely chopped
⅓ pound blue cheese, crumbled

Dressing: Whisk all ingredients except oil in small bowl. Gradually whisk in oil. *(Can be made ahead. Cover and refrigerate up to 8 hours.)*

Arrange radicchio, endive and watercress on large platter. Top with walnuts and cheese. Pour on dressing and serve. Makes 12 servings.

Nutrition info per serving: 200 calories, 5 gm protein, 19 gm fat, 4 gm carbohydrates, 282 mg sodium, 9 mg cholesterol.

COUSCOUS SALAD

A refreshing alternative to pasta salad.

Prep time: 25 minutes plus chilling ○
Cooking time: 5 minutes

2 cups uncooked couscous (semolina)
½ cup olive oil, divided
1½ teaspoons salt
2 cups shredded carrots
1 bunch radishes, diced (1 cup)
½ cup sliced green onions
½ cup chopped fresh mint
¼ cup fresh lemon juice
½ teaspoon freshly ground pepper

Cook couscous according to package directions, using specified amount water, ¼ cup oil and 1½ teaspoons salt. Spread on jelly-roll pan to cool. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Transfer to large bowl, add remaining ¼ cup oil and the remaining ingredients; toss, breaking up any lumps. Makes 10 cups.

Nutrition info per cup: 250 calories, 5 gm protein, 11 gm fat, 32 gm carbohydrates, 344 mg sodium, 0 mg cholesterol.

LEMON BAVARIAN WITH BERRY SAUCE

A light, melt-in-your-mouth dessert that makes a grand finale to any party.

Total prep time: 25 minutes plus chilling ◒

1 package (3 oz.) ladyfingers, split
1 envelope unflavored gelatin
10 tablespoons sugar, divided
⅓ cup water
3 large eggs, separated, at room temperature
½ cup fresh lemon juice
2 teaspoons grated lemon peel
1 cup heavy cream, whipped

Berry Sauce
1 package (10 oz.) frozen strawberries in light syrup, thawed
1 tablespoon orange-flavored liqueur

Fresh strawberries and whipped cream

Line 2-quart dessert bowl with ladyfingers. Mix gelatin and ¼ cup sugar in top of double boiler. Whisk in water and egg yolks until smooth. Place over simmering water and heat mixture to 160°F., stirring constantly, about 7 minutes. Transfer to large bowl. Stir in lemon juice and lemon peel. Refrigerate until mixture mounds slightly when dropped from spoon, 30 minutes. Fold half the whipped cream into mixture with rubber spatula, then fold in remaining cream until smooth.

Beat egg whites in clean mixer bowl at medium speed until foamy. Gradually beat in remaining 6 tablespoons sugar; increase speed to high and continue beating until whites are stiff but not dry. Fold half the whites into lemon mixture until blended. Gently fold in remaining whites. Pour filling into prepared bowl; cover *(continued)*

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SUMMER PARTIES
ontinued

refrigerate 4 hours. *(Can be made ad. Cover and refrigerate up to 24 rs.)*

ry Sauce: Combine all ingredi- in food processor or blender until oth. Makes 1¼ cups.

arnish bavarian with strawberries whipped cream. Serve with Berry ce. Makes 12 servings.

tion info per serving: 185 calories, 3 gm pro- 9 gm fat, 23 gm carbohydrates, 30 mg sodium, ng cholesterol.

ICOT-ALMOND SHORTBREAD BARS



se rich, buttery almond cookies ceal a surprise layer of tart-sweet icot preserves.

time: 40 minutes ○
ng time: 45 minutes

cups butter, softened
cups sugar
egg yolks
teaspoon vanilla extract
teaspoon almond extract
cups all-purpose flour
cups blanched almonds, toasted*, chopped fine
jar (10 oz.) apricot preserves

heat oven to 350°F. Beat butter and ar in mixer bowl until fluffy. Beat egg yolks and vanilla and almond racts. Mix in flour and toasted onds until the mixture forms a dough.

ivide dough in half. Press one half o 15½x10½-inch jelly-roll pan. ead evenly with preserves. Cover pletely with remaining dough tten pieces with hands and careful- atch on top of preserve layer). Bake minutes or until golden brown. Cut o 3x1-inch bars. *(Can be made ad. Wrap and freeze up to 1 month. aw wrapped at room temperature.)* kes 50.

o toast almonds, bake in preheated °F. oven 10 minutes; cool.

ition info per bar: 155 calories, 2 gm protein, 8 at, 20 gm carbohydrates, 58 mg sodium, 23 mg esterol.

ipes developed by Lilia and Jay dan, 1983 graduates of the Culi- y Institute of America.

COCKTAIL PARTY FOR TWENTY

pictured on pages 150 and 151

Potted Shrimp with crackers, cucumber, sugar snap peas and Belgian endive
Asparagus with Tarragon Dipping Sauce
Pesto Brie with crackers
Cilantro-stuffed Eggs
Baked ham with coarse mustard
Cornmeal-Buttermilk Biscuits
Chicken Curry with Spicy Puffs and chutney, salted peanuts and shredded coconut
Raspberry-Hazelnut Brownies
Strawberries with crème fraîche
Southsides
Coffee, tea

SCHEDULE

Up to 1 month ahead:
1. Bake biscuits and spicy puffs, and freeze.
2. Bake brownies and freeze.
3. Buy wine and liquor.

2 days ahead:
1. Buy groceries.
2. Make pesto Brie.
3. Make syrup for southsides.
4. Make ice.

1 day ahead:
1. Make potted shrimp and refrigerate.
2. Prepare cilantro-stuffed eggs.
3. Steam asparagus; make sauce.
4. Make chicken curry and refrigerate.

4 hours ahead:
1. Remove biscuits, spicy puffs and brownies from freezer.
2. Set up bar.

2 hours ahead:
1. Complete brownies.
2. Rinse berries and arrange in basket.
3. Arrange Brie on platter with crackers.

1 hour ahead:
Complete stuffed eggs.

30 minutes ahead:
1. Arrange shrimp on platter with crackers, sugar snap peas, cucumber and endive.
2. Arrange asparagus and sauce on platter.
3. Preheat oven to 400°F.
4. Remove ham from refrigerator; set out mustard.

15 minutes ahead:
1. Set out condiments. Reheat chicken curry.
2. Reheat biscuits and spicy puffs in batches.
3. Split and butter biscuits.
4. Brew coffee.

POTTED SHRIMP



"Potted" describes meat or fish that is ground and packed in a dish.

Prep time: 20 minutes ○
Cooking time: 30 minutes

4 cups water
1 cup dry white wine
1 onion, chopped
1 teaspoon salt
1 bay leaf
¼ teaspoon thyme
1½ pounds medium shrimp, in shells
¾ cup butter (no substitutions)
3 tablespoons fresh lemon juice
½ teaspoon ground red pepper

Combine water, wine, onion, salt, bay leaf and thyme in large saucepan; bring to boil. Add shrimp and cook just until pink, 3 minutes. Remove shrimp, reserving liquid. Cool.

Peel shrimp, reserving shells; devein and rinse. Return shells to cooking liquid and boil 30 minutes. Strain; return liquid to pan and continue boiling until reduced to ¼ cup. Cool.

Combine cooled liquid, shrimp, butter, lemon juice and red pepper in food processor; process until smooth. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Refrigerate until 30 minutes before serving. Serve with crackers, cucumber, sugar snap peas and Belgian endive. Makes 3½ cups.

Nutrition info per tablespoon: 35 calories, 2 gm protein, 3 gm fat, 0 gm carbohydrates, 79 mg sodium, 22 mg cholesterol.

ASPARAGUS WITH TARRAGON DIPPING SAUCE

pictured above

Select stalks no more than a half inch in diameter for best results.

Prep time: 10 minutes ○
Cooking time: 2 minutes

3 pounds asparagus, cut into 5-inch spears

Tarragon Sauce
½ cup mayonnaise or salad dressing
¼ cup sour cream
2 tablespoons minced shallots
2 tablespoons chopped fresh tarragon
1 teaspoon fresh lemon juice
¼ teaspoon *each* salt and ground pepper
Pinch ground red pepper *(continued)*



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■ SUMMER PARTIES
continued

Bring 4 quarts salted water to boil in large saucepot. Add asparagus, return to boil and cook until tender, about 2 minutes. Drain and rinse under cold water. Pat asparagus dry with paper towels. *(Can be made ahead. Wrap and refrigerate up to 24 hours.)*

Tarragon Sauce: Stir all ingredients in bowl until well mixed. *(Can be made ahead. Cover and refrigerate up to 24 hours.)* Makes ¾ cup.

Arrange asparagus on platter with Tarragon Sauce. Makes 20 servings.

Nutrition info per serving: With 1 teaspoon sauce, 60 calories, 2 gm protein, 5 gm fat, 3 gm carbohydrates, 61 mg sodium, 5 mg cholesterol.

PESTO BRIE



This creamy cheese must be very cold for ease in slicing.

Prep time: 10 minutes plus chilling ○

- 2 cups loosely packed basil leaves
- 3 tablespoons pine nuts (pignoli), toasted
- 1 tablespoon olive oil
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- 1 teaspoon minced garlic
- 1 wheel (2 lb.) ripe Brie cheese, chilled

Combine basil, pine nuts, oil, pepper and salt in food processor; blend until smooth. Stir in garlic.

Slice Brie in half horizontally. Spread basil mixture evenly over bottom half. Replace top half, wrap and refrigerate overnight. *(Can be made ahead. Refrigerate up to 2 days.)* Serve at room temperature with crackers. Makes 32 servings.

Nutrition info per 1-ounce serving: 105 calories, 6 gm protein, 9 gm fat, 1 gm carbohydrates, 196 mg sodium, 28 mg cholesterol.

CILANTRO-STUFFED EGGS

Our version of deviled eggs—with cilantro and lime—has a Mexican flavor.

Prep time: 30 minutes ○

- 1 dozen large eggs, hard-cooked and peeled
- 1 cup packed fresh cilantro leaves
- 1 cup packed fresh parsley
- 3 tablespoons mayonnaise
- 2 tablespoons sour cream
- 2 teaspoons fresh lime juice
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper
- Cilantro sprigs, for garnish

Cut eggs in half and remove yolk Process yolks and remaining ingred ents except garnish in food processo *(Can be made ahead. Cover; refrigera separately up to 24 hours. Let yolk mi ture soften slightly before piping.)* F pastry bag with ½-inch star tip and fi with egg-yolk mixture. Pipe into eg white halves. Cover and refrigerate u to 1 hour. Garnish with cilantro sprig Makes 2 dozen appetizers.

Nutrition info per appetizer: 55 calories, 3 g protein, 4 gm fat, 1 gm carbohydrates, 89 mg sod um, 108 mg cholesterol.

CORNMEAL-BUTTERMILK BISCUITS

These are fabulous with baked ham. i you're short on time, order a precooke ham and have it sliced by the butcher

Prep time: 25 minutes (
Baking time: 10 minutes

- 3 cups all-purpose flour
- 1 cup yellow cornmeal
- 4 teaspoons baking powder
- 2 teaspoons sugar
- 1 teaspoon baking soda
- 1 teaspoon salt
- ¼ teaspoon ground red pepper
- ⅔ cup cold butter or margarine, cut up
- 1½ cups buttermilk
- 1 large egg, beaten
- 3 tablespoons butter or margarine, melted

Preheat oven to 450°F. Grease 2 cooki sheets. Combine flour, cornmeal, bak ing powder, sugar, baking soda, sal and red pepper in bowl. Cut in butte with pastry blender until mixture re sembles coarse crumbs. Stir in butter milk just until combined.

On lightly floured surface wit floured rolling pin, roll dough ½-inch thick. Cut into circles with floured 2 inch round cookie cutter, rerolling an cutting scraps. Transfer to prepare cookie sheets. Brush tops with beate egg. Bake 10 minutes or until golden *(Can be made ahead. Wrap and freez up to 1 month. Thaw covered at roo temperature. Reheat in batches i 400°F. oven 5 minutes. Split and brus cut sides with melted butter.)* Serv with baked ham. Makes 40.

Nutrition info per biscuit: 80 calories, 2 gm protein 3 gm fat, 11 gm carbohydrates, 161 mg sodium, 1 mg cholesterol.

CHICKEN CURRY WITH SPICY PUFFS

Have your guests fill their own puffs adding the condiments of their choice.

Prep time: 30 minutes (
Cooking time: 15 minutes

- 1 tablespoon vegetable oil
- 1 cup finely chopped onions
- ½ cup finely chopped red pepper
- ½ cup finely chopped carrots

(continued)



Easy Elfin Chocolate Chip Cheesecake.

1 Keebler® Ready-Crust® Graham Cracker pie crust
1 package (8oz.) cream cheese, softened
⅓ cup sugar
1 cup (½ pt.) sour cream
2 teaspoons vanilla
1 8-ounce container frozen whipped topping, thawed
1 cup (6oz.) mini chocolate chips
whipped topping, chocolate shavings, or fruit for garnish (optional)

Beat cream cheese until smooth; gradually beat in sugar. Blend in sour cream and vanilla. Fold in whipped topping, blending well. Stir in mini chocolate chips. Spoon into crust. Chill until set, at least 4 hours. Garnish with whipped topping, chocolate shavings or fruit if desired.

©Keebler Company

1 tablespoon hot curry powder
½ teaspoon *each* cumin and coriander
4½ cups cooked chicken (about 1 lb. boneless), shredded and minced
¾ cup heavy or whipping cream
¾ cup chicken broth
½ teaspoon *each* salt and freshly ground pepper
1 green onion, chopped
2 tablespoons unsweetened shredded coconut
Condiments: chutney, chopped salted peanuts, and shredded coconut

Heat oil in large skillet over medium heat. Add onions, red pepper, carrots, curry powder, cumin and coriander. Cover and cook, stirring occasionally, until vegetables are tender, 8 minutes. Increase heat to medium-high. Add chicken, cream and broth; cook until sauce is thickened, about 5 minutes. Season with salt and pepper. *(Can be made ahead. Cover and refrigerate up to 24 hours. Reheat in skillet, stirring, over medium heat.)* Transfer to serving dish and top with green onion and coconut. Serve with condiments and Spicy Puffs. Makes 4½ cups.

Nutrition info per tablespoon: 25 calories, 2 gm protein, 2 gm fat, 0 gm carbohydrates, 34 mg sodium, 9 mg cholesterol.

SPICY PUFFS

Prep time: 40 minutes
Cooking time: 25 minutes

1 cup water
½ cup butter or margarine
1 tablespoon sugar
1 teaspoon cumin
½ teaspoon coriander
½ teaspoon *each* salt and freshly ground pepper
⅛ teaspoon ground red pepper
1 cup all-purpose flour
4 large eggs, at room temperature

Preheat oven to 400°F. Grease 2 cookie sheets. In large saucepan heat first 8 ingredients to boiling over high heat. Add flour all at once, stirring vigorously, until batter leaves sides of pan. Cool 2 minutes. Add eggs one at a time, beating well after each addition, until batter is smooth.

Place batter in pastry bag with ½-inch plain tip. Pipe 1½-inch puffs on prepared cookie sheets. Bake 25 minutes or until firm to the touch and golden brown. When cool enough to handle, cut off tops and remove wet dough inside. *(Can be made ahead. Freeze up to 1 month. When ready to serve, reheat in preheated 400°F. oven 10 minutes or until hot and crisp.)* Serve with chicken. Makes 8 dozen.

Nutrition info per puff: 25 calories, 1 gm protein, 2 gm fat, 2 gm carbohydrates, 38 mg sodium, 18 mg cholesterol.

RASPBERRY-HAZELNUT BROWNIES

These brownies have a shortbread crust and a bittersweet chocolate top.

Prep time: 1 hour plus cooling
Baking time: 40 to 50 minutes

Crust

1 cup butter or margarine
¾ cup confectioners' sugar
1¾ cups all-purpose flour
1 cup hazelnuts, toasted, skinned and chopped fine

Filling

1 jar (12 oz.) seedless raspberry preserves
1 cup butter or margarine
5 squares (5 oz.) unsweetened chocolate
3 large eggs, lightly beaten
2 cups granulated sugar
¼ teaspoon salt
1 teaspoon vanilla extract
1 cup all-purpose flour

6 squares (6 oz.) semisweet chocolate, melted
Fresh whole raspberries, for garnish (optional)

Crust: Preheat oven to 350°F. Line 15½x10½-inch jelly-roll pan with foil. Beat butter and confectioners' sugar in mixer bowl until light and fluffy. Add flour and hazelnuts, beating until just mixed. Spread dough evenly in prepared pan. Bake 20 to 25 minutes, until lightly browned. Cool 30 minutes. *Filling:* Spread crust evenly with raspberry preserves. Refrigerate until preserves are firm, about 20 minutes.

Meanwhile, melt remaining 1 cup butter with unsweetened chocolate over low heat in small saucepan. Beat eggs, granulated sugar and salt in mixer bowl until fluffy. Beat in chocolate mixture and vanilla. Stir in flour. Pour over preserves. Bake 20 to 25 minutes, until toothpick inserted into filling comes out barely clean. Cool in pan on wire rack. *(Can be made ahead. Wrap and freeze up to 1 month.)*

Lift brownies out of pan by foil edges; peel foil from sides. Spread top evenly with melted semisweet chocolate. Garnish with fresh raspberries. Let stand until chocolate is set. Cut into 2x1-inch bars. Makes 6 dozen.

Nutrition info per serving: 135 calories, 1 gm protein, 8 gm fat, 16 gm carbohydrates, 63 mg sodium, 23 mg cholesterol.

SOUTHSIDES



Rumor has it that the name of this minty rum drink refers to the south side of Chicago. It packs a real punch!

Prep time: 5 minutes plus standing
Cooking time: 5 minutes

Lemon-Mint Syrup

2 cups sugar
2 cups water
1 cup chopped fresh mint
⅔ cup fresh lemon juice

1 quart dark rum
Ice cubes
3 bottles (1 liter each) seltzer
Mint sprigs, for garnish

Lemon-Mint Syrup: Heat sugar and water in saucepan over medium-high heat until sugar is completely dissolved, about 5 minutes. Remove from heat. Add mint, cover and let stand 5 minutes. Strain. Add lemon juice. Store in glass jar or pitcher in refrigerator. *(Can be made ahead. Refrigerate up to 2 days.)* Makes 4 cups.

Stir rum into pitcher with syrup. Fill 8-ounce glasses with ice. Pour about ⅓ cup rum mixture into each glass and top off with seltzer. Garnish with mint. Makes 24 servings.

Nutrition info per serving: 150 calories, 0 gm protein, 0 gm fat, 17 gm carbohydrates, 1 mg sodium, 0 mg cholesterol.

Recipes developed by Carol Prager, Kathy Jackette, Lisa Brainerd and Julia Pemberton.

Journal Shopping Center

BEAUTY & FASHION JOURNAL
Pages 31 Middle: earrings, Erwin Pearl. Right: earrings, Kenneth Jay Lane; bracelet, Erwin Pearl; shoes, Stuart Weitzman. **Page 32** Left: shoes, Oscar de la Renta; earrings and bracelet, Erwin Pearl. Right: bracelet and earrings, Robert Lee Morris; shoes, Stuart Weitzman.

BOTTOMS BY JAKE
Page 38 Top: Dance France; biking shorts, Marika; ballet slippers, Capezio. Dress, Oma Norma Kamali.

A CHILD'S ROOM THAT GROWS
Wallpaper, border and fabric: "The Early Years . . . and Later On," Motif Designs, 20 Jones Street, New Rochelle, NY 10801. **Pages 76-77** Wallpaper: "Pencil Stripe" (Kelly Green); in bookshelf, "Pencil Stripe" (Red, Royal Blue, Kelly Green); border, "Bears on Parade;" fabric, "Pencil Stripe" (Kelly Green). Store information: Eeyore's Books for Children, 25 East 83rd St, NYC, 10028; Sweet Nellie, 1262 Madison Ave., NYC 10128; Lewis of London, 215 East 51st St., NYC 10022; The Baby Sitter, Hammacher Schlemmer, 800-543-3366. Personal Pursuit, 1242 Madison Ave., NYC 10128; Cottontails, 1965 Palmer Ave., Larchmont, NY 10538; Jessie's Woodworks, 204 Union Ave., New Rochelle, NY 10801. Border: "Summer Dream" (Primary). The Gazebo, 660 Madison Ave., NYC, 10021. Bedding: "Buttercup" by Sheridan, 800-777-9563. **Page 78** Wallpaper above chair rail: "Hearts & Stars" (Primary). Fabric on chair and ottoman: "Pencil Stripe" (Kelly Green). Bedding: "Pacific Stripe." Bedskirt: "Snow," by Sheridan, ABC Carpet & Home, 888 Broadway, NYC, 10003. Cosmetics: Maybelline. Hair accessories: Debra Moises, 1 West 37th St., NYC 10018.

THE PILL
Page 186 Clothing, hat, pearls, shoes: The Second Coming, NYC. Accessories: Alexander Thompson & Maria Ayala Jewelry/Patricia Fields, NYC.

SUITS YOU!
Pages 138-139 Middle: towel, Ralph Lauren; sunglasses, Optical Affairs. Top left: sandals, Robert Clergerie. Second from left: sunglasses, Donna Karan; sneakers, Keds; watch, Le Sport Peugot. Third from left: sunglasses, Optical Affairs; straw hat, Madcaps; sandals, Maud Frizon. Fourth from left: scarf, Kenzo; sunglasses, Optical Affairs. Top right: (left) sandals, Espace; hat, Makins; sunglasses, Gateau Junior. Bottom, third from left: hat and bag, J. Crew; towel, Ralph Lauren; sunglasses, Giorgio Armani. **Pages 140-141** Middle: bag, J. Crew; towel, Ralph Lauren. Top left: sunglasses, Donna Karan. Second from left: watch, TAG Heurer; sunglasses, Anne Klein for Riviera; flip-flops, Maud Frizon. Third from left: bandana and flippers, Paragon, NYC; sunglasses, Optical Affairs. Top right: (left) towel, Ralph Lauren; hat, Madcaps. Top right: (right) towel, Ralph Lauren; sandals, Perry Ellis; sunglasses, Donna Karan. Bottom, second from left: cap and goggles, Speedo. Third from left: sweater, Adrienne Vittadini; sunglasses, Optical Affairs. Bottom right: (left) sunglasses, Optical Affairs; bandana, Paragon, NYC. Bottom right: (right) belt and bag, Body Glove; hat, Club Sportswear.

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READERS' JOURNAL

ST-RATE FIRST LADY

was such a joy to read "At home with Barbara Bush" [arch]. We are so fortunate to have a First Lady we thers, grandmothers and pet lovers can relate to.

—Arlene Bee, Canton, OH

INAL GIFT

nk you for "A final gift" in March. Because of the generosit and love of people like Gary and Jean Ales, my granddghter, who is nine years old, can see. She has had four neal transplants, the first when she was six months old.

t is very humbling to be on the waiting list, knowing that ther family is facing heartache because of something that l give your loved one hope. These families are surely the ung heroes of our time. **—Marilyn Newcomb, Folsom, CA**

N-MADE PROBLEM

ust comment on the article "Why we can't throw anything ay" [March]. I raise beef cattle, and I'm getting tired of ring the so-called experts blame the poor cow for every blem man has created.

suggest that maybe overpopulation is the problem with our rld. Of all our resources, the humble cow is one of the few ewable ones. If the author really wants to make a differe, she should consider selling her automobile and walking work. **—Marilyn Bernal, Kings City, CA**

/IRONMENTAL CONCERN

he April article "Twenty-five everyday ways to help clean our planet" the author suggests switching from chlorine ach to nonchlorine bleach in the laundry.

Readers should be advised that nonchlorine bleach will not nfect laundry or household surfaces—the health benefit using chlorine bleach.

We're aware of no studies that suggest chlorine bleach in laundry wash-water contributes to killing fish. Washter does not enter streams directly. It is treated and ered in the sewage-treatment facilities, which incidentally, chlorine to kill bacteria.

t is important to put the use of chlorine in perspective. orine bleach used in laundry and household cleaning reprets only 0.5 percent of the chlorine used in this country. nificantly larger users of chlorine include waste-water atment plants, swimming pools and water-treatment plants kill bacteria in drinking water. **—Sandy Sullivan, Manager, sumer Information and Education, The Clorox Company**

ARIAN CANCER

nk you so much for the article "The silent killer" [March]. I l ovarian cancer two years ago, but so far I am doing okay. uess I'm one of the lucky ones. I had never read anything ut this cancer in any other magazine, and I hope every man will read it. **—Josephine Fritschi, Beatrice, NB**

d your letters, preferably typewritten, to Ladies' Home rnal, 100 Park Avenue, New York, NY 10017.

Nobody...

Please see inside.

SAFEGUARD YOUR FAMILY FROM THE RISK OF FOOD POISONING AND ENVIRONMENTAL TAINTING WITH THESE TIMELY TIPS FROM NUTRITION AND HEALTH EXPERTS

HOW SAFE IS OUR FOOD?

By the faculty of the Tufts University School of Nutrition

How many times have you taken some leftover food out of the fridge, looked at it, sniffed it, and wondered, "Is it all right to eat this?" Your senses alone won't always give you the answer, since some toxins and bacteria are invisible and odorless. But up to 85 percent of the incidences of food poisoning can be prevented. Experts from the Tufts School of Nutrition have formulated a guide to help you avoid the danger of food poisoning and get maximum quality and nutrition from everything you eat. Read the following questions to test your food-safety sense. The answers may surprise you.

IS IT OKAY TO EAT . . .



Hot dogs that have been stored in an an unopened package in the refrigerator for ten days?

Safe Hot dogs that come in vacuum-sealed packages can be kept up to two weeks. You can refrigerate opened packages for seven days if wrapped in plastic.

Frozen ham that was thawed on the counter?

Risky Many people think they can take chances with ham because it's been smoked and salted. But these processes don't make the meat immune to bacterial contamination, especially since a number of manufacturers are lowering the salt content of cured meats. The safest way to thaw ham is in the refrigerator.

Meat loaf that's pink in the middle after cooking?

Risky Ground meat undergoes a great deal of handling, which increases the likelihood of bacterial contamination. For this reason, the U.S. Department of Agriculture (USDA) suggests cooking meat loaf until it is brown or at least brownish-pink in the center. Even better—use a meat thermometer and cook to an internal temperature of 170°F., particularly if the mixture contains pork.

Raw ground beef that turns brown after a day or two of refrigeration?

Safe Beef turns brown when it comes into contact with oxygen, but it isn't dangerous. But never use meat if it smells bad.



A bruised or moldy piece of fruit?

Safe—if it's just bruised, but *possibly* risky if the bruised portion has become moldy. Just cut away that section.

Adapted from THE TUFTS UNIVERSITY GUIDE TO TOTAL NUTRITION, by Stanley Gershoff, Ph.D., with Catherine Whitney and the Editorial Board of the Tufts Diet and Nutrition Letter, to be published this month by Harper & Row. Copyright © 1990 by Tufts Diet and Nutrition Letter. By arrangement with Harper & Row Publishers, Inc.



Once you've discovered Claussen, you'll never come in from the cold.

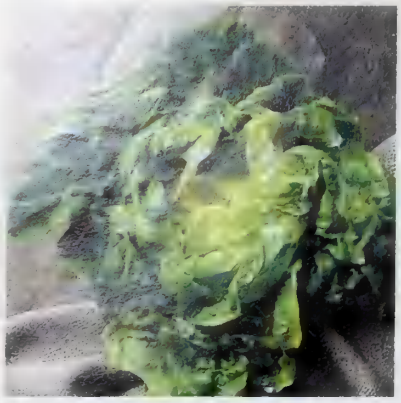
Cold, crisp Claussen® pickles are quite a find. You see, most pickles are cooked and sit for months on a warm shelf somewhere. But cold Claussen pickles are never cooked.



Instead, they're packed garden fresh and then stored quite cold. So go looking for these cold gems. Of course, you'll find them only in the refrigerated section.
COLD, CRISP CLAUSSEN.®

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Lettuce or other produce accidentally moistened by poultry drippings?
Risky Juices from uncooked poultry may contain harmful bacteria. If you plan to eat the produce raw, bacteria will obviously not be killed by cooking, so if the food is saturated, you'd better not use it at all. But if contact was minimal, you can remove the outer section or rinse and peel.



An opened jar of mayonnaise that has been in the refrigerator for six months?
Safe It's a misconception that mayonnaise causes food poisoning. Its high acid and salt content may actually inhibit bacterial growth somewhat. You can keep an opened jar of mayonnaise in the refrigerator for up to a year, provided you don't let it sit long at room temperature. Check the date on the manufacturer's label.

Mustard or ketchup with a black, crusty ring around the rim of the jar?
Safe The ring simply means that some of the contents have become dried out through interaction with air. It's not a sign of spoilage, and using the condiment will not make you sick. Wipe off the ring and use the remaining contents.

An uncooked potato with a greenish cast?
Risky Green-skinned potatoes contain a chemical called solanine, which has been found to cause gastrointestinal illness. It's safe to use green potatoes only if you peel them well and remove a layer of flesh underneath the skin.



Cooked shrimp that was never deveined?
Safe You can eat shrimp that hasn't been deveined as long as you cook it. The black line running down the back is actually the shrimp's intestine, which is harmless. However, many people prefer to remove it for aesthetic reasons.



A dyed Easter egg?
Safe—if it's been kept refrigerated.

An eggshell that cracks in the supermarket or on the way home?
Risky Throw the egg away, as it may become contaminated with bacteria before it's *(continued)*

FOOD-STORAGE TIMETABLES

FOLLOW THESE GUIDELINES TO ENSURE SAFETY AND MAINTAIN QUALITY. TO KEEP TRACK, BE SURE TO DATE ALL PACKAGES BEFORE STORING THEM.

HOW LONG WILL SOME FOODS LAST IN THE FREEZER AT 0°F.?

CHICKEN ten months
BEEF ROASTS six to twelve months (large roasts last longer)
LAMB AND VEAL six to nine months
PORK three to six months
LEAN FISH six months (examples: sole, haddock and flounder)
FATTY FISH two to three months (examples: salmon, mackerel and bluefish)
BAKED BREAD AND ROLLS three to six months
UNFROSTED CAKES AND COFFEE CAKE three to four months (frosted: two months)
FROZEN JUICE twelve months
FROZEN VEGETABLES eight months (unless otherwise dated)
HARD CHEESE six to eight weeks
SOFT CHEESE three months
MAIN-DISH CASSEROLES OR OTHER PRECOOKED DISHES three months
BUTTER six to nine months

HOW LONG WILL SOME FOODS LAST IN THE REFRIGERATOR AT 40°F.?

UNCOOKED GROUND MEAT two to three days
UNCOOKED STEAKS AND CHOPS two to three days
OPENED BABY FOOD two days
EGGS two to three weeks
MARGARINE four to six months
BUTTER (SWEET) two weeks (a little longer if lightly salted)

WHAT IS THE SHELF LIFE OF FOODS AT 70°F.?

SALAD OILS one to three months (longer in the refrigerator)
FLOUR six to eight months (if kept in a dry container)
DRY CEREALS (OPENED) two to three months **(UNOPENED)** twelve months

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(continued) refrigerated. If you crack an egg in your kitchen, it should be safe if you refrigerate it immediately.



A baked potato left out on the counter from the night before?
Risky We don't usually think of potatoes as a likely source of food poisoning, but there have been reports of deadly botulism in people who ate foil-wrapped baked potatoes left at room temperature, even when they were reheated. Refrigerate leftovers.

Steak that was thawed in the refrigerator and then refrozen?
Safe—especially if some ice crystals still remain. Refreezing may cause flavor and texture deterioration, so cook the meat the first time it is thawed, *then* refreeze it.

The catch of the day a local fisherman is selling off the back of his truck?
Risky It's best to avoid fish whose origin is uncertain. You might pay more at the fish store or supermarket, but you're guaranteed the extra protection of refrigeration and government regulation.

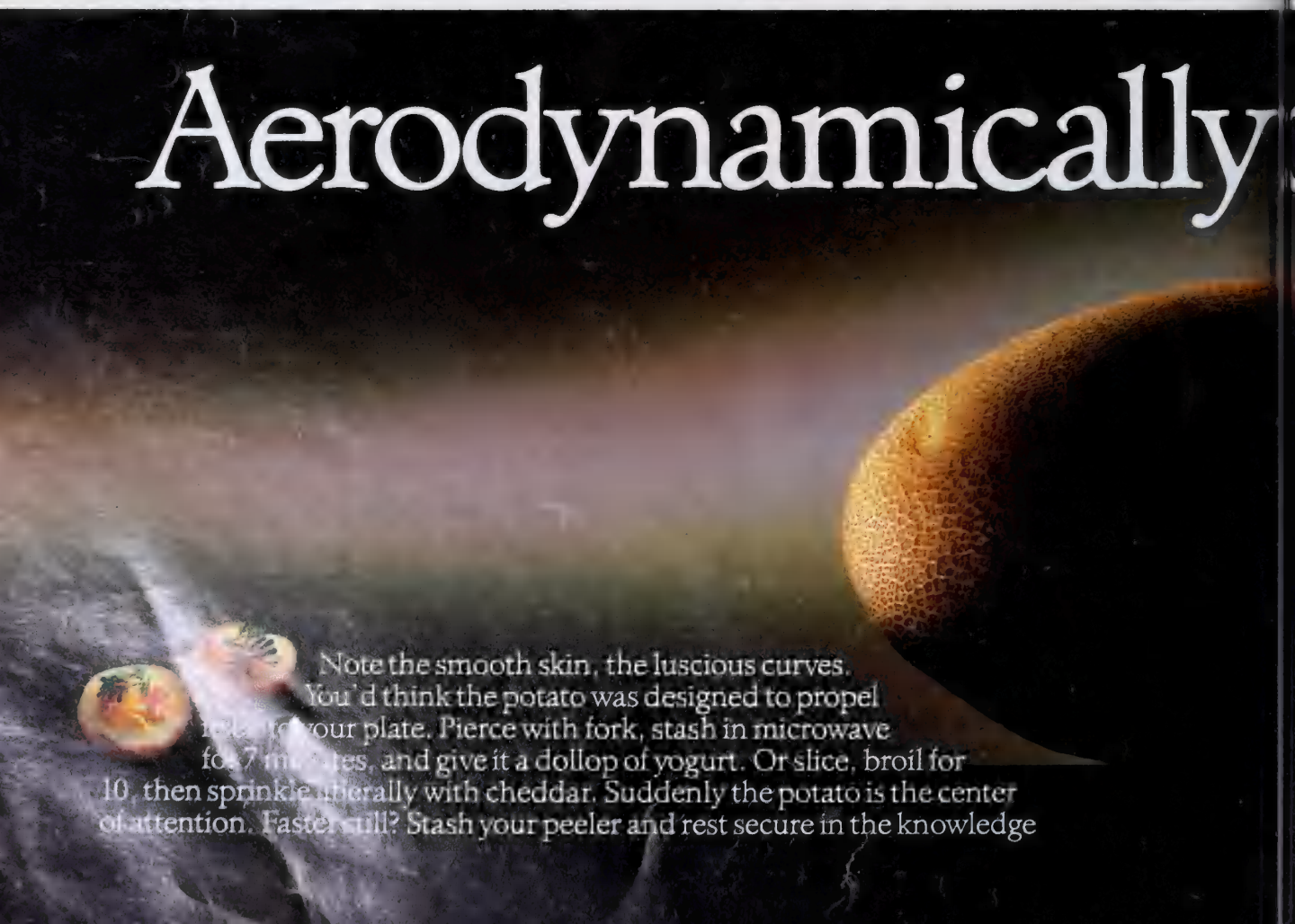
Food you've seen somebody cough or sneeze on?
Risky The microorganism *Staphylococcus aureus* is carried in the noses and throats of most people and causes a quarter of all foodborne illnesses. Cooking will not kill the poisons these bacteria produce; symptoms may include diarrhea, nausea and vomiting.

A raw egg with blood spots or a hard-boiled egg that has a dark ring around the yolk?
Safe A blood spot is the result of a blood-vessel rupture on the egg's surface. The dark ring results from a harmless chemical reaction.



Clams that have been steamed just until they open?
Risky One minute is all it takes for the clams to open; four to six minutes ensures they're bacteria-free.

Aerodynamically



Note the smooth skin, the luscious curves. You'd think the potato was designed to propel itself to your plate. Pierce with fork, stash in microwave for 7 minutes, and give it a dollop of yogurt. Or slice, broil for 10, then sprinkle liberally with cheddar. Suddenly the potato is the center of attention. Faster still? Stash your peeler and rest secure in the knowledge



Cooked rice that's been at room temperature for more than two hours?

Risky Rice and all other foods should be kept heated at temperatures above 140°F., and the leftovers should be refrigerated immediately.

An egg white that is runny and clear?

Risky It probably won't make you sick, but for maximum freshness, look for an egg white that is thick and cloudy. As an egg ages, it gives off carbon dioxide, causing the white to spread and turn clear.

A chicken-and-vegetable stir-fry after the ingredients were chopped on one cutting board?

Risky To eliminate the risk of salmonella poisoning, keep utensils and cutting boards used to prepare meat and poultry separate from those used to prepare fruits and vegetables.



Moldy or shriveled peanuts?

Risky The types of mold that grow on nuts can produce potent carcinogens known as aflatoxins.

FOOD-SAFETY TIPS

■ **Cook poultry until there is no pink meat. (A meat thermometer inserted into the thickest part of the chicken should read 180°F. to 185°F.)**

■ **When choosing fish, remember contamination from pollutants is more likely to occur in sheltered bays, harbors, lakes and streams. Opt for fish that's caught deep at sea.**

■ **Fatty fish are considered to be more susceptible to contamination from industrial-waste chemicals such as polychlorinated biphenyls (PCBs). So before cooking, cut away the fatty skin and dark-colored flesh, and grill or broil in ways that allow drippings to run off.**

■ **The Enviromental Protection Agency (EPA) has recently estimated that forty-two million Americans may be drinking water that contains excessive levels of lead. To test your water, check your plumbing: pipes whose joints are dull gray rather than bright silver probably contain lead. Have your water tested. The EPA will refer you to a certified lab in your area; call 800-426-4791.**





recipe index

Here is a listing of recipes appearing in this issue, including those from the Journal kitchen and advertisements. Advertisers' recipes appear in boldface. Recipes marked with an asterisk include microwave instructions.

APPETIZERS

Asparagus with Tarragon Dipping Sauce p. 159
Cilantro-stuffed Eggs p. 160
Herbed Clams in White Wine p. 152
Mini Crab Cakes p. 155
Pesto Brie p. 160
Potted Shrimp p. 159
Sesame–White Bean Dip p. 152
Tuscan Eggplant Canapés p. 157

DESSERTS

Apricot-Almond Shortbread Bars p. 159
Dirt Pie p. 81
Easy Cream Cheese Clouds p. 153
Easy Ellen Chocolate Chip Cheesecake p. 161
Lemon Bavarian with Berry Sauce p. 157
Peach Crisp p. 154
Pineapple Chunks with Raspberry Sauce p. 102
Raspberry-Hazelnut Brownies p. 162
Raspberry-Strawberry Ice p. 154

ENTREES

Campbell's Classic Family Meat Loaf p. 2
Chicken Curry p. 160
Chunky Turkey Chili p. 176
Fiesta Pasta Salad p. 98
Grilled Salmon with Lemon-Lime Marinade p. 157
Layered Tuna Salad p. 156
Lemon-Herb–Grilled Chicken p. 152
Nutty Turkey Salad Pitas p. 98
Patio Burger p. 174
Souperior Onion Burgers p. 181

MISCELLANEOUS

Chocolate Dip for Cherries p. 174
Cornmeal-Buttermilk Biscuits p. 160
Garlic Pita Chips p. 152
Spicy Puffs p. 162
Dijon Sauce p. 157
Southsides p. 162

SIDE DISHES

Couscous Salad p. 157
Grilled New Potato Kabobs p. 152
Grilled Ratatouille p. 154
Grilled Zucchini and Pepper Salad p. 174
Mixed Greens with Walnuts and Blue Cheese p. 157
Rotini Salad p. 103



INSIDE THE JOURNAL KITCHEN

LHJ recently ushered in the glory days of summer by participating in a celebrity softball game in Los Angeles. During a break in the action, Beverly Hills caterer Randy Fuhrman of Creative Concepts served up a festive Mexican-inspired menu. His California-style turkey chili really scored a home run with the hungry players and fans. We guarantee that your own team will love it, too!

☆ Randy Fuhrman's chunky turkey chili

Combine 5 pounds ground turkey and 2 cups chopped onions in 6-quart Dutch oven. Cook over medium-high heat until meat is opaque and onions are tender, 15 minutes. Drain in colander. Return turkey and onions to Dutch oven. Stir in 3 cans (28 oz. each) whole tomatoes, cut up, with liquid, 2 jars (16 oz. each) prepared salsa, ½ cup masa harina, ¼ cup tomato paste, ¼ cup chili powder, 1 package (1¼ or 1¾ oz.) chili seasoning, ¾ teaspoon salt and ¼ teaspoon freshly ground pepper. Stir until well combined. Bring to a boil. Cover and bake 1½ hours. Serve in bowls with sour cream, shredded Cheddar cheese and chopped onions as condiments. Makes 20 servings.

A WOMAN TODAY

continued from page 22

nd saw the most wonderful sight in ie world—a man walking toward me ith Tricia, very much alive, in his ms. I was nearly hysterical.

When I finally calmed down, I exam-ed her carefully. She was covered ith mud and slime, had some scrapes nd looked exhausted, but she didn't em to be seriously injured. I asked, Are you all right, Tricia?" "I'm fine, ommy, but look at my hands," she id. They were white and wrinkled om hours in the water. Relieved, I ughed and told her, "That's all right, ish. That'll go away."

Someone had called an ambulance, nd we took her to Humana Hospital–uthmore, in Pasadena. She stayed ere overnight, but the doctors as-red me that all she had suffered was slight concussion, abrasions and in-ct bites. It was a miracle indeed.

As I held her, my brave girl told me w she had survived her night in the ain. She had been swept from the pe's entrance down to a larger sec-n farther below, which branched off to other pipes. Fortunately, she had d the presence of mind to grab onto crevice in the concrete wall, which pt her from being washed into the pe that ran to the bayou.

There she clung desperately in the rkness while the chest-high water shed around her. In the morning, hen the water receded to her kles, she let go. Tricia told me that e kept herself from panicking by etending she was in a tiny house th a flooded bathroom.

At one point she was attacked by a arm of ants that bit her fiercely. ipping the concrete with one hand, e tried to splash them away with the ier, until a sudden wave finally shed the ants away. And through-it all, just as I had imagined, she led for me: "Mommy, Mommy, I'm ht here. Come and get me!"

Ironically, when Tim Gabrysch nd her, Tricia didn't want to go h him at first—I'd warned her so ny times not to go anywhere with angers that she was fearful of being cued by one.

After word of the rescue spread, the pital filled with newspaper and evision reporters, and Tricia became elebrity. People from all over the rld sent us cards and letters; she Krystal even got autographed pic-es of Michael Jackson. But nothing s more rewarding than bringing her ne from the hospital.

Our home life went back to normal prisingly quickly. The girls were n back to bickering and strewing their toys over the living room, and we stopped getting all that mail after the news died down.

But Tricia doesn't like to talk about that terrible night even now, a year after it happened. If someone recognizes her and tries to ask about her experience, she just walks away. Because of her concussion, she may not remember much of what happened, but I took her to see a psychologist for a few months, just as a precaution.

I still have trouble sleeping at night, but that's the only part of our ordeal that lingers. I go into Tricia's room every night, wanting to be there in case she has a nightmare. But she sleeps like an angel.

I can't believe that I ever thought playing in the water was safe. I'll never let my girls go out after a flood again. I guess I'm a little overprotective these days—but, after all, you can't always count on a miracle. ■

SHARE YOUR STORY

The *Journal* will pay $750 for each article accepted for publication in the "A Woman Today" column. Manuscripts should be 1,500 words, typed, and must be accompanied by a self-addressed, stamped envelope. Send all entries to Box WT, Ladies' Home Journal, 100 Park Avenue, New York, NY 10017.



PRIVATE AGONY

continued from page 125

helpless than the day she was born. Doctors could keep her alive for thirty years or more, but the Cruzans insist that their daughter would prefer to die. For three years they have been asking permission to end Nancy's artificial feeding, and last year, they took the case to the U.S. Supreme Court, the first time a right-to-die case has been heard there. The court ruling could set a precedent that would determine the limits of life-sustaining care. The Cruzan case differs from the 1976 landmark case of Karen Ann Quinlan, in which her parents won the right from a state court to take her off a respirator; Nancy can breathe on her own and needs no life support except for her feeding tube. (For an update on the Quinlans, see page 182.)

On the Cruzans' side in this historic debate are authorities like the American Medical Association, which classifies artificial feeding as a medical treatment much like the respirator, that can be withheld if there is no hope of recovery. On the other side is the state of Missouri, supported by a number of organizations, including the Association of American Physicians and Surgeons. The state contends that withholding food and water is tantamount to murder.

As the *Journal* went to press, the Cruzans were awaiting the Court's ruling, expected before the current term ends in June. They agreed to this interview, the most extensive they have ever given a magazine, to talk about the person their daughter was, and is no longer—and why they want to help her escape from her limbo.

Sitting in their modest home in Carterville, Missouri, Nancy's parents seem overwhelmed by the heartbreaking decision they have had to make. Joe looks at his wife, whose eyes brim with tears. He sighs. "As far as we're concerned," he says, "our daughter is dead. But we haven't been allowed to bury her. There's always the thought that I'll wake up, that this is all a bad dream. But I never do."

An empty shell

There is little resemblance between the lively young woman preserved in family photos and the contorted figure now curled up under hospital-issue sheets. Nancy's brown eyes are sometimes open, but her doctors say that this is only a reflex and that she is completely unaware of her environment.

She chokes now and then on her own saliva, and occasionally she coughs or sneezes. But in seven years no word h passed Nancy's lips, no indication th she is seeing—or feeling—anything.

Days, weeks and years blend toge er, each much like the last. Nur bustle into the sunny room every t hours to shift Nancy's position and if she's wet or soiled her bed pa They speak to their patient in cheer tones and tune the radio to a lo country station. Three times a d they pop open a can of liquid nutrie and feed Nancy through a pencil-th brown rubber tube surgically impla ed just above her navel.

"Nancy was a proud and indep dent person," Joe says, his voice v vering. "She would hate the condit she's in now. I'd just about bet my h that most people, if you'd ask the 'Would you want to live for seven ye or ten years or twenty years the v Nancy is?' are going to say hell, no."

The glue of the family

The Cruzans settled in Carterv three generations ago, when it wa busy mining community, and th stayed on after the boom years w long gone. Joe, now fifty-five, a Joyce, fifty-four, have lived in the a all their lives. He's a sheet-me worker; she's a secretary in the sch system. They met in high school a



arried in 1954, about a year after aduation. They have lived in their nall one-story white frame house for out twenty-five years.

Nancy Beth Cruzan was born on ly 20, 1957—the second of three ls. Christy, two years older, was the edient, quiet daughter. Donna, the ungest by seven years, tended to be sure of herself. Nancy was the imp- one, who never hesitated to speak r mind. Pictures show a pretty girl th dark hair framing brown eyes at sparkled with merriment.

As Nancy entered her teen years, e blossomed into a popular, attrac- e young woman, and her social life k precedence over her studies. "She ln't want to take the time away from e fun things," Joyce says. Nancy yed the flute in high school and was aton twirler with the band; junior ar, she was co-captain of the squad. od, I was proud of her," Joe says. l go to parades, and I could barely through my camera because of the rs in my eyes."

Nancy and Christy, just two years art, had a special relationship. They re best friends, even as adults. "It s like Nancy was the older one, n though she wasn't," Christy says etly. She is sitting with her par- s, sipping from one of Nancy's old coffee cups, a ritual she has clung to since Nancy's accident. "I depended on her a lot." In fact, the Cruzans credit Nancy with being the "glue" of the clan—insisting family traditions be maintained, acting as a go-between when feathers were ruffled.

When it came to her own life, though, Nancy could be impetuous. The year she graduated from high school, she married a young man in the Navy, but it didn't last. After a divorce, she moved back in with her parents and later worked as a waitress and a cashier, never taking the jobs very seriously. Eventually, she entered into a stormy second marriage and began working at a local cheese plant. Joe says she loved her last job. "She worked the graveyard shift, and she didn't have to get up early in the morning," he recalls fondly. "That's the one thing Nancy always hated, was to wake up."

The last days

The Cruzans still replay their last moments with Nancy in their minds. They remember the Saturday in early January 1983 that she came over to help the family paint their living room. "It was fun," Joyce says. "We all had a good time just being together."

Monday, January 10, 1983, was a day off for Nancy. That evening she joined some pals at Los Amigos, a tiny country-music bar where her crowd liked to hang out. Nancy and her husband quarreled, and he left the club without her. About fifteen minutes later, just after twelve-thirty, Nancy said good-bye to her friends, started up her green-and-white '63 Rambler and left for home.

She never made it. Nancy somehow lost control of the car and was thrown from the vehicle, landing face down on the frozen ground thirty-five feet away.

By the time paramedics arrived and restored her heartbeat and breathing, her brain had been deprived of oxygen for at least twelve minutes and perhaps as long as twenty. She was rushed to a nearby hospital and then transferred twenty-one miles away to the larger Freeman Hospital, in Joplin.

A fading hope

Joe and Joyce were asleep when they got the call. They beat the ambulance to the Joplin hospital and were standing in the emergency room when the doors flew open and a blur of white coats raced past them into surgery.

A few hours later a nurse emerged to reassure the worried family. Surgeons had repaired a laceration in Nancy's liver and *(continued)*



multiple facial fractures, and her vital signs were stable. Joe turned to Joyce and said, "I feel like I can breathe again."

At first, Nancy's hospital room was like a second home to Joe and Joyce. They spent every possible moment with their daughter. "We'd tear ourselves away just long enough to go home and take a bath," Joyce says. "It never failed—I'd get into the tub and start crying. And then I'd rush right back to the hospital. I felt as if that way nothing bad could happen."

But the family's relief that Nancy was alive gave way to a gnawing concern as weeks passed with her remaining unconscious and unresponsive. After a month, efforts to feed her were abandoned; with the consent of Joe and Nancy's husband, the tube was surgically inserted into her stomach. It became Nancy's only source of nutrition and water. Nevertheless, the doctors still held out hope, telling the Cruzans that every case was different.

That fall Nancy was moved to the Missouri Rehabilitation Center, a long-term-care facility in Mount Vernon, forty-five miles from the Cruzan home. Joe and Joyce settled into an exhausting pattern of weekly visits.

After the move, Joe and Joyce asked to be appointed Nancy's legal guardians; her husband was no longer involved in her care. Later, they obtained an uncontested divorce for her. Nancy's medical insurance covered her hospital payments for two and a half years. When that coverage ran out, the state took over, as it does for any person who is impoverished. (Nancy's care now costs about $100,000 a year.)

Yet the emotional price Nancy's family has paid is very high indeed. "I was very angry for a long time," Joyce says softly. The Cruzans found no solace in religion. "I didn't know how God could let this happen," Joyce says. She found herself wanting to sleep constantly. "I didn't want to have to face anything or anyone," she says.

Nancy's ordeal affected Joe differently. "I'd walk up to a perfect stranger, and I'd find myself telling him we'd lost our daughter," he says. He couldn't sleep at night, and he would repeatedly read the official reports of Nancy's accident, searching for some clue as to why it all happened.

Sometimes his thoughts took a morbid turn. "There were lots of times I thought about killing Nancy and then killing myself. You'd see her choke and you'd just want to put your hand over her nose and mouth and hold there until it was over," he says. "B who would it help? It wouldn't bri Nancy back."

As often happens with families chronically ill patients, the Cruza found that the situation strained th marriage. Joe and Joyce even talked divorce. "We began to see a psycho gist, and that really helped us," Joy explains.

The turning point

The Cruzans took turns placing th foreheads against Nancy's, willing h mind to come back to life. They ev brought Nancy home for Christmas 1984, hoping the familiar surrou ings would trigger a return to c sciousness. They put her in the mid of the living room and did their best carry on with the holiday festivit Nancy had loved so much. But wh the van came to take her back to t hospital three days later, there h been no change. Now their last ho had died.

But it wasn't until almost two ye later, in 1986, that doctors officia told the family Nancy would probal never get better. Her condition w classified as PVS, or persistent vege tive state, like that of ten thousa other Americans. The longest anyo



had been in PVS and regained consciousness was twenty-two months. At this point, Nancy had been in that state more than three years. Worse, her CAT scans revealed ongoing, irreversible degeneration of her brain.

Neither Joe nor Joyce can remember exactly when or how they first broached the subject of ending Nancy's life. But as the family began discussing it openly, Christy said she believed Nancy would rather die than become a vegetable. She remembered a conversation she and Nancy had had in 1981, when their grandmother died after several hospitalizations. Nancy had felt it was better for her grandmother to die if her life would not be a full one.

"We came to the conclusion," Joe says firmly, "that it would be more selfish to keep her here than to turn her loose."

A legal battle

Before taking any action, the Cruzans looked into the medical consequences of terminating artificial feeding, fearing that starvation might be a torturous process. They learned that lack of water hastens the end; death occurs in three to eight days, by dehydration. Neurologists say that in a case like Nancy's, where her sensory nerve center is atrophied, there would be no pain. Convinced, the Cruzans finally made an official request in May 1987—more than four years after Nancy's accident—that the hospital terminate her artificial feeding. The hospital refused to act without a court order, however. Through the Society for the Right to Die and the American Civil Liberties Union, the family found a Kansas City lawyer, William Colby. He agreed to take the case at no charge.

In October the Cruzans asked for court permission to disconnect the feeding tube, and in July 1988, Judge Charles Teel of the Jasper County Circuit Court ruled that the parents had a right to withhold treatment. Missouri Attorney General William Webster quickly appealed the decision—a standard practice in cases in which a precedent could be set. That fall the state Supreme Court reversed Teel's ruling. The court concluded that despite the testimony about Nancy's wishes, there was no "clear and convincing evidence," such as a living will, that she would want to die. More important, as Judge Edward Robertson, Jr., wrote in the majority decision: "We do not believe her right to refuse treatment . . . outweighs the immense clear fact of life in which the state maintains a vital interest."

In March 1989 the Cruzans asked the U.S. Supreme Court to review the case, and last July, the Court agreed to take on the intensely emotional issue. Last December, attorneys from both sides presented their arguments before the nine justices.

The Cruzans were there, but they felt oddly removed. VIPs filled the front-row seats, and Joyce and Joe had to sit farther back; they could only watch as people who didn't even know their daughter debated whether she should live or die. "I've become a spectator in this thing," Joe says, his lower lip trembling.

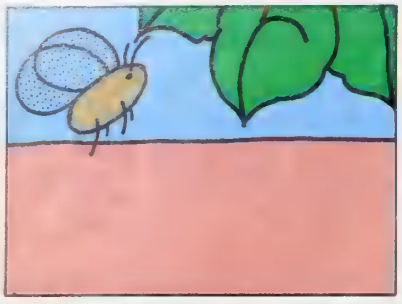
Waiting for the end

These days, Joe and Joyce still make the weekly drive to Mount Vernon. They spend about an hour with Nancy, sitting on either side of her bed, holding her hand, stroking her forehead. They are always looking for things to brighten Nancy's room; hanging on the door is a straw hat Joyce made, like one Nancy used to own. Sometimes they talk to her, even though they know she doesn't hear them. "It's for our benefit, not hers. It's kind of a game we play with ourselves," Joyce says softly.

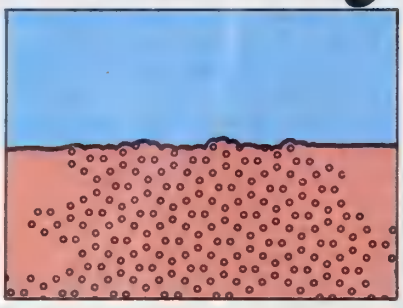
If the Court rules in their favor, the Cruzans intend to stop *(continued)*



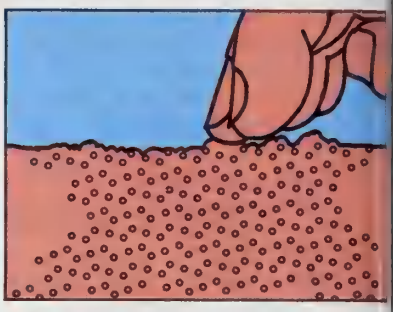
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PRIVATE AGONY
continued

Nancy's food and water a few days after the decision is handed down. Should the ruling go against them, the Cruzans say they will consider moving Nancy to one of the other states where terminating artificial feeding is legal. "Regardless of where or when it happens, though, we'll be with her every minute," Joe declares. "When I stop and think it could be in just a few months," Joyce says tearfully, "it's like someone hit me in the stomach. But it's what we need to do for her. When she dies, I know it's not the body that's there now that we'll grieve for, it's the person that she was."

Long after Nancy Cruzan's name has disappeared from the headlines, she will live on in the memories of her family as a joyful, loving, beautiful and much-missed twenty-five-year-old.

"When the time finally comes, it's going to be hard to lose her," says Joe. "But it will be over. If Nancy were here today, she'd say, 'Look, I enjoyed myself, I had a good time, it was kind of a party. But the party's over now. It's time to go.' " ■

Deborah Beroset Diamond is a writer based in Columbia, Missouri.

Joe and Julia Quinlan: "No one else can understand"

Only one other couple have ever faced such public scrutiny in a right-to-die case—Joe and Julia Quinlan, who made headlines fifteen years ago, when they asked to remove their daughter Karen Ann from a respirator after she had been in a coma for seven months. The Journal met with the Quinlans in 1976 and again in 1985, just before their daughter died. Julia Quinlan says that the couple, who now run a hospice, have been talking to the Cruzans to lend support, and she reveals for the first time that her family once considered ending her daughter's feeding, too.

"When you feel you're doing what's best for your child," Julia Quinlan says quietly, "you have to just go ahead and do it and not worry about everyone else."

The Quinlans went to the New Jersey Supreme Court in 1975 to fight for the chance to remove their daughter from a respirator. They won their case and took Karen off the machine, but she lived for nine more years, breathing on her own and being fed artificially with a system similar to Nancy Cruzan's.

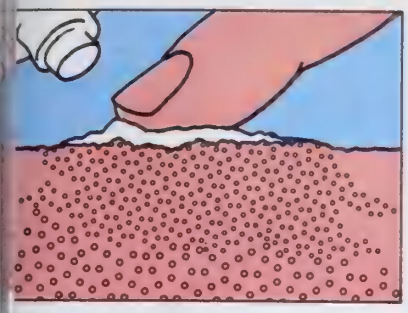
Julia and her husband are following this latest right-to-die case quite closely—as Julia points out, the Cruzan case takes up where theirs left off. "The respirator at the time [of our case] was something new," she says. "So that was like the first step, and now we're coming to the feeding tube."

Joe and Julia Quinlan strongly support the Cruzans' decision to take the step that they never took. "[The Cruzans] love their daughter," Julia adds firmly. "Who better to make that decision but her parents? Whether people agree with their decision or not, it's their prerogative, their decision."

Indeed, now the Quinlans say they might have done the same thing if their whole family had agreed. "It was discussed," Julia recalls in a halting voice. "But we never made a decision unless we all agreed. Karen was not suffering—she could not feel pain cognitively. So we had to consider Mary Ellen and John [their two other children], because they had to live with whatever decision we made. We said that if we weren't in total agreement, then we would forget about it." She sighs. "We never brought it up again."

Meanwhile, Nancy Cruzan and her family are in the Quinlans' prayers. "We just keep praying that it will be over soon," Julia says, sounding weary. "The waiting can be the most difficult thing of all." —D.B.D.

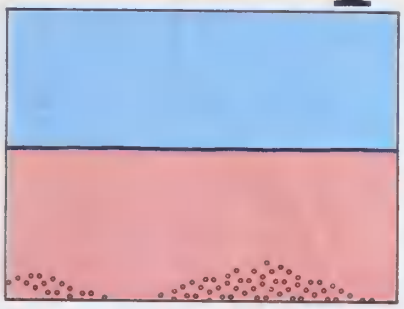
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THE PILL

continued from page 123

ain to blood clots, strokes and cancer. Today's Pill is far safer, and 10.7 illion American women now use it. continues to be the nation's number-ne method of birth control. (For more n current contraceptive options, see age 186.) But the profile of the Pill ser has altered: Those now most kely to take it are aged fifteen to wenty-four.

Many of these young women, like neir sixties' moms before them, re-ard taking the Pill as a rite of pas-age. "Most of my friends start the Pill hen they begin going steady; it's part f a commitment you make," says Eliz-beth, a twenty-two-year-old book edi-or from New York.

Some of the women who once shared nat feeling now express a deep ambiv-lence, however. The Pill allowed oomers to postpone childbearing for a ng time—in some cases until they ere too old to conceive. "I think may-e the Pill made us think we could urn our fertility on and off," says Jan, hirty-five, a college administrator om New Orleans who started taking he Pill as a teenager and decades la-er found herself unable to have a baby.

There are many other second thoughts about the Pill. Some women wonder if it didn't really do more for men, who availed themselves of the increased sexual opportunities while expecting women to automatically assume the responsibility for contraception. Says University of Washington sociologist Pepper Schwartz, "Since the Pill, men tend to assume that *women* will take care of protection."

Gestation

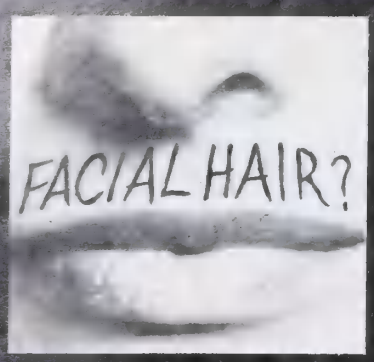
The Pill was developed by a team of Massachusetts-based researchers, including a Catholic physician, John Rock. Its biggest proponent was Margaret Sanger, the founder of the Planned Parenthood Federation of America. "No woman can call herself free who does not own and control her own body," she declared. Produced by the G.D. Searle pharmaceutical company and called Enovid, the original Pill combined synthetic forms of the hormones estrogen and progestin to suppress ovulation.

By 1965, six other companies were marketing their own brands of oral contraceptives. And by the end of the decade, nearly ten million women were taking the Pill, making it America's contraceptive of choice. But almost with its introduction, reports of serious problems began to surface, including blood clotting, heart disease, depression and strokes. After Congress held hearings on the Pill's health effects, the Food and Drug Administration (FDA) forced manufacturers to include a package insert warning users of all possible side effects. Women heeded the caveats, and during the seventies usage dropped by 20 percent. Consumption recovered to present levels in the eighties, with the development of formulas containing as little as one fifth the estrogen and one twenty-fifth the progestin.

Sexual dealings

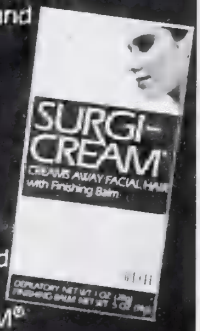
The Pill's greatest effect may have been that it not only kept women from getting pregnant, it helped them change their sex lives. Finally, they could enjoy lovemaking wholeheartedly, without dreading the consequences. Says author Erica Jong, whose 1974 novel *Fear of Flying* was a textbook of sexual liberation, "Because women could control their fertility, they could start thinking of sexual pleasure instead of just pregnancy."

Most experts agree that the Pill contributed mightily to the sexual revolution. Effective forms of birth control—notably condoms—were already available, and sexual mores had begun to change in the *(continued on page 185)*



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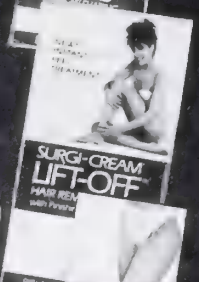
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PERFECT SUMMER PARTIES

Pages 146-147 Left: turquoise bowl and fish-shaped plates, Cyclamen, ABC Linens, [illegible] Broadway, NYC 10003. Right insets: white bowls and plate, Villeroy & Boch; napkins, Le Jacquard Français; plastic flatware, Pottery Barn, 231 Tenth Ave., NYC 10011. **Pages 148-149** Insets: napkin with Bavarian, Le Jacquard Français; dinner plates, "Pescara" pattern, Villeroy & Boch; napkins on table, New Country Gear; oven mitt, Conran's, 444 Lafayette St., NYC 10003. Right: white platter, Conran's; blue glass bowl, Royal Copenhagen/Georg Jensen Silversmiths, 683 Madison Ave., NYC 10021; wooden salad bowls, Zona, 97 Greene St., NYC 10012; flowers, Mahopac Flower Shop, 12 W. Main St., Mahopac, NY 10541. **Pages 150-151** Gazebo designed by Derick B. Kipp. Left: tiered pastry stand, Wolfman Gold & Good Co., 116 Greene St., NYC 10012; dessert plates, The Elder Craftsman, 846 Lexington Ave, NYC 10021; flowers, Nielsen's, 1405 Post Rd., Darien, CT 06820. Left inset: plate with stuffed eggs, Wedgwood; napkin, Sweet Nellie, 1262 Madison Ave., NYC 10128. Bottom right: ham holder, Dean & DeLuca, 560 Broadway, NYC 10012; blue and white plates and pitcher, Conran's; flatware, Pottery Barn. **Page 157** Tray and napkin with canapés, New Country Gear. **Page 159** Blue and white plate with bar cookies, "Blue Willow" pattern, and fabric, New Country Gear. Blue glass liner, Pottery Barn. Napkins with shrimp, Le Jacquard Français. **Page 160** White pedestal with pesto Brie, Wolfman Gold & Good Co.; napkin, Le Jacquard Français. **Page 162** Wine glasses, Waterford; iced-tea glasses, Conran's; bird house, Nielsen's.



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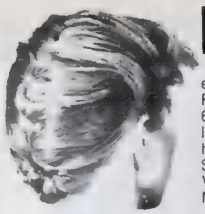
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TRAVEL JOURNAL

CATALINA: ISLAND MAGIC

Looking for a respite from the heat, the smog and the traffic this summer? There's a place just an hour from the southern California mainland where it's cool (even in the summer), the air is clean, and people drive golf carts instead of cars. The place? Catalina Island. Spend a night or two on this old-fashioned, unspoiled island and you'll feel you're worlds away from the rest of California.

Catalina-bound boats leave regularly from Long Beach, San Pedro, Newport Beach and San Diego. The main destination for these boats, and the hub of the island, is the small town of Avalon. Nestled around the crescent-shaped harbor, the town rises up into the hills, with its palm trees and its Mediterranean-style houses that date back to the island's first days as a resort. Today the town is filled with chic shops, small hotels and restaurants that open right onto the bay. You can easily explore the one-mile-square town on foot.

The white circular building that sits prominently on a rocky point at the edge of Avalon harbor is the Casino. This art deco masterpiece was built in 1929 by chewing-gum king William Wrigley, who bought the island in 1919. The Casino's Avalon Ballroom was one of the most famous dance halls of the big-band era, and dances are still held there today—about once a week in the summer.

The Casino also houses a lovely th ater, which, like the ballroom, is circ lar. Silver leaf decorates its rosy ce ing, and a colorful mural circles walls. Try to visit the Casino when t theater's fine pipe organ is bei played. (An organist often drops by fore the nightly seven o'clock movi Walk around the columned terra that surrounds the ballroom—a part ularly romantic setting after da with its views of the harbor below.

The Casino also houses a small m seum; here you'll see exhibits on t island's history, and artifacts left the Catalina Indians who inhabit the island for thousands of years.

Aside from Avalon, and one oth town—tiny Two Harbors—most of C alina is an unspoiled nature preserv In fact, the Santa Catalina Island Co servancy owns 86 percent of the islar A good way to see some of these ru ged wilds is to take a bus tour. Alo the twenty-eight miles you'll see spe tacular views of the coast. You m also see some of the four hundred bu falo that roam the island, descendar of fourteen buffalo brought to Catali in 1924 for the filming of a Zane Gr western. The tour also includes a vi to Rancho Escondido, where you'll s a performance by some of the Arabi horses bred and trained there.

You can explore the hills around A alon by renting a horse, bike or g cart. Or take the pleasant two-m hike from downtown Avalon th brings you up to the Wrigley Memori and Botanical Gardens, which displa cacti and other native plants on thirty-seven acres.

And, of course, you can explore t bluewaters that surround the islar Catalina offers excellent deep-sea fis ing, scuba diving, snorkeling, swi ming and windsurfing. The marine li here is immensely varied; a good w to see some of it is to take a glas bottom boat tour.

One fascinating attraction in Aval is also among the island's less expe sive places to stay. The Zane Gr Pueblo Hotel, high in the hills ov looking the harbor, was once the hon of the famous writer of Western no els, and it still contains many of t southwestern furnishings and cacti brought to it. Another historic hous the Wrigley mansion, is now a be and-breakfast inn. Now called the I on Mount Ada, the building on served as the summer White Hou during the Coolidge and Harding a ministrations. Non-guests may visit they make an appointment.

For more information about Catal na Island, call 213-510-0182.

—KATHRYN PAULSE



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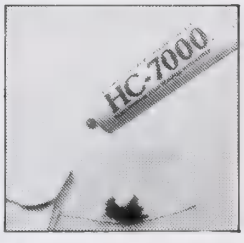
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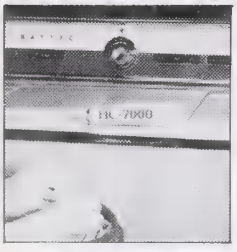
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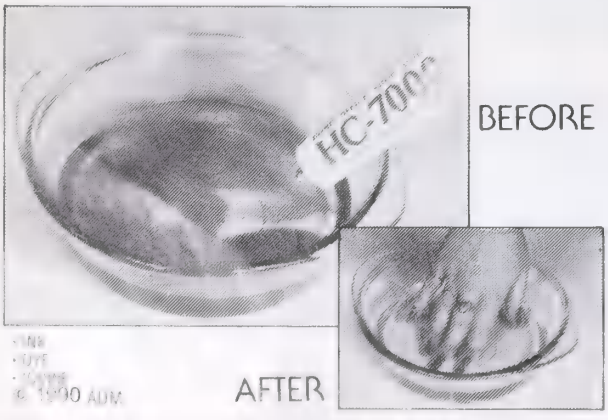


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THE PILL

continued from page 183

ostwar era. But the Pill made it easier for women to ngage in sex more frequently. One 1965 study of married omen who used oral contraceptives found that they had ex up to 39 percent more often than women using other ethods of contraception.

And it encouraged public discussion of sex as well. For ne first time, women's magazines could talk to their read- s about sexual fulfillment, even headlining the word orgasm" on their covers. Recalls Malcolm Potts, M.D., resident of Family Health International, a nonprofit con- raceptive-research organization, "You wouldn't mention ondoms at cocktail parties, but you *could* talk about the ill." And wisecracks about single women who were "on he Pill" were a shorthand for women who had stopped orrying about their reputations and started enjoying sex, ist like men.

Here, too, however, the Pill brought mixed blessings. No nger were women looked on as fragile beings to be pro- ected because they were vulnerable to pregnancy; instead, ney came to be regarded as independent equals who ould—and should—take care of themselves. Gone were ifferentiations between "good girls" whom men would arry, and "bad girls" with whom they'd play around. Before the Pill," says William Simon, Ph.D., professor of ociology at the University of Houston, "a woman who ame prepared for contraception was making a statement bout being prepared for sex, which moved her to the slut nd of the spectrum. The invisibility of the Pill muted that onsiderably." By the time the sexual revolution was at its eight, many men *expected* women to have casual affairs nd even one-night stands. "The key was that this was one without any expectation that it would end in mar- iage," says John Money, Ph.D., professor emeritus of medi- al psychology at Johns Hopkins University and Hospital, n Baltimore.

But while some female sexual behavior changed, atti- udes did not always keep pace: Many women still wanted motional as well as physical fulfillment. "One of the char- cteristics of women that remained true throughout all his was their inability to become sexually aroused without ecoming emotionally attracted," says William Simon. Men can go to bed with someone they don't necessarily ike. That was never true of women." For the multitudes of omen who did engage in no-strings sex, it soon became an mpty exercise.

Nowadays, while we may take a certain degree of sexual rankness and freedom for granted, the excesses of the ixties seem emotionally empty and downright dangerous: We're haunted by AIDS, not to mention more than thirty ther sexually transmitted diseases—against which the ill is useless. In 1990, the social and sexual winds have hifted. Says Helen Singer Kaplan, Ph.D., a specialist in exual disorders, "The Pill freed young men and women to ave sex, but thirty years later the new fears are forcing hem to learn to communicate, to put more energy into naking their relationships work instead of seeking out nore partners."

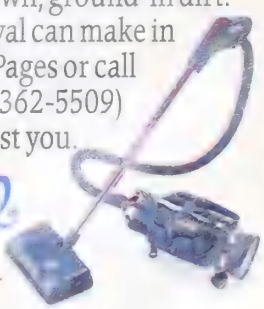
Difficult questions

One change wrought by the Pill is still with us today: It aised women's expectations of their lives, and they soon were unwilling to bear a child if the pregnancy was acci- lental. "Having a baby when you didn't want a baby be- ame unthinkable," says Rosalind Pollack Petchesky, pro- essor of women's studies at Hunter College, in New York City. This attitude, Petchesky says, "undoubtedly contrib- uted to the rise in abortions for women who *(continued)*



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did not use the Pill and sometimes for those who did."

For some women, the Pill's ramifications went beyond pregnancy and sex. Its reliability encouraged Catholic women to ignore the church's centuries-old prohibition against artificial birth control. Today, between 80 and 85 percent of Catholic women in the U.S. approve of the use of some form of contraception. For most U.S. Catholic women, using the Pill was their first significant rebellion against the church, and it meant that their attitude toward its teachings on other matters would never be quite the same. Says Rev. Andrew Greeley, the sociologist and author, "It has prompted them to question the church. They now make their own decisions on ethical and religious matters when they think the official church is wrong."

Working it out

In some ways, the Pill has had as great an effect in the office as in the bedroom. In the early sixties, increasing numbers of women had already begun trickling into the job market. Their opportunities expanded just as the cost of living exploded, making it both more possible and essential for women to work. The Pill abetted these forces by allowing women for the first time to plan how they would mesh their new opportunities with their reproductive lives. As they did so, the birth rate fell until 1976, when Baby Boomers decided to conceive, creating the baby boomlet. Between 1970 and 1987, the rate of first births among women in their thirties more than doubled, according to the National Center for Health Statistics. For women aged forty to forty-four, it increased 75 percent.

If the Pill helped keep women in the office longer, it also may have made it easier for them to walk out of unsuccessful marriages. "The major influence on a woman's decision to leave her husband is probably whether she can find a job and support her family," says Pepper Schwartz. "But she is more likely to be able to leave if she has two children, not four."

The 1990 Pill: How safe?

Experts generally agree that today's Pill is not only far safer than the original but can actually help women avoid several illnesses, including rheumatoid arthritis, ovarian cysts, iron-deficiency anemia, benign breast disease and pelvic inflammatory disease. Most experts feel that a woman shouldn't take the Pill for her entire reproductive life, since it grows more hazardous to *(continued)*

AMERICA'S CONTRACEPTIVE GAP

When it comes to preventing unwanted pregnancy, the United States is far behind many European countries. There, women can choose from a wide array of techniques not yet available here, including contraceptives that can be implanted or injected. "Ever since the Pill and the IUD were introduced, *no* fundamentally new contraceptive methods have been approved in the U.S.," says Luigi Mastroianni, M.D., director of the division of human reproduction at the University of Pennsylvania Medical Center, in Philadelphia. "We've really let our guard down."

According to a recent report issued by the National Academy of Sciences, contraceptive research and development has declined in the United States in recent times for a variety of reasons. Most pharmaceutical companies have curtailed contraceptive research and development because they are afraid of being sued by consumers claiming that their products caused problems such as infertility or birth defects, says Louise B. Tyrer, M.D., vice-president of medical affairs for the Planned Parenthood Federation of America. For the same reason, it's difficult for companies to obtain insurance coverage. Finally, complex federal requirements, designed to protect consumers, make it expensive to market a birth-control product.

What we're using

Given their relative lack of choice, 30.7 percent of American women between the ages of fifteen and forty-four who use contraceptives rely on the Pill. Sterilization runs a close second: 27.5 percent of women who use contraceptives have been sterilized, while another 11.7 percent rely on the sterilization of their partner. Other available methods include condoms, used by 14.6 percent; diaphragms, used by 5.7 percent; and IUDs (intrauterine devices), used by 2 percent. The remaining women use cervical caps (similar to the diaphragm, but they fit tightly over the cervix), contraceptive sponges, periodic abstinence, vaginal foams and suppositories, withdrawal and douching. Here, a brief overview of the benefits and risks of the most popular methods:

- ***Sterilization*** **is almost totally reliable, with a failure rate of less than 1 percent, but it isn't always reversible.**
- ***The Pill,*** **almost 100 percent effective if taken properly, has a 3 percent failure rate overall, due to user error. It can cause nausea, headache and weight gain. More important, because of possible complications, many doctors do not recommend the Pill for women over forty, or women who have high blood pressure or a history of breast cancer.**
- ***IUDs*****—with a failure rate of 4 to 6 percent—are appropriate only for women in monogamous relationships, since multiple partners increase the risk of IUD-related bacterial infections. Although the Dalkon Shield, which was said to have caused several fatalities among users, is off the market, many women are still wary of any IUD hence, the low usage rate.**
- ***Condoms*** **have a 12 percent failure rate are easy to use and inexpensive, and they protect against sexually transmitted diseases (STDs). However, they can tear during use.**
- ***Diaphragms*** **have about a 16 percent failure rate, but they, too, can help protect against STDs as well as cervical cancer.**
- **Other methods, such as contraceptive sponges and periodic abstinence (natural family planning) have somewhat higher failure rates—18 and 20 percent respectively.**

The future of birth control

Although it will be a long time—if ever—before Americans have as many birth-control options as Europeans, we may have several additional choices fairly soon:

Norplant™ **implants—hormone-containing rods that prevent ovulation, which are placed under the skin of a woman's arm—are in use in Finland, Sweden, and Indonesia, and medical experts expect it to be approved by the FDA sometime this year.**

Also on the horizon: *a female condom*, a polyurethane sheath that lines the vagina, and *disposable diaphragms.* It will be several years, however, before studies begin on *vaginal rings* (devices that release ovulation-suppressing hormones and thicken cervical mucus, thereby blocking sperm).

We may be even less likely to see one of the most controversial methods of all: RU 486, the so-called abortion pill, which induces menstruation up to seven weeks after an egg is fertilized. Legal in France, it has sparked protests by right-to-life groups. No U.S. company has yet agreed to market it.

Research is being done on a nonhormonal male oral contraceptive made from gossypol (highly purified cottonseed extract). Clinical trials are under way in China and might begin here as early as 1991. (In a U.S. study conducted some years ago researchers found that Enovid, the original version of the Pill, was just as effective for men but produced secondary female sex characteristics.) This means that for the foreseeable future, women are still going to have most of the responsibility for contraception. "It should be only a woman's concern," says Mastroianni. "But it's the woman who must bear the pregnancy, and she who must make the final decisions about unwanted pregnancy."

—FRAN SNYDER AND NELLY EDMONDSON GUPTA



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THE PILL
continued

r health as she ages. The FDA recently id, however, that women over forty can ke the Pill with a reasonable degree of fety if they do not smoke. But doctors ree that women who do smoke ouldn't take the Pill at any age, beuse it increases the risk of a heart tack or stroke. No matter how young a ll user is, there can be danger signs ch as severe pains in the stomach, est or legs, about which a woman ould immediately consult her doctor.

The biggest health question surunding the Pill is whether it ineases risk of breast cancer. Last ar, three studies found a nearly twold danger of breast cancer among omen who had started taking the Pill the early 1960s, when estrogen dosges were much higher.

In the landmark book *The Doctors' se Against the Pill*, published in 69, author Barbara Seaman warned, ventually a drug-caused cancer epimic may strike among Pill-using omen throughout the world." Today, aman stands by her forecast. She d other feminist health activists ve called for a study of women who ke the Pill over many years.

he teenage scene

me parents and religious commentars worry that the Pill has encouraged olescent promiscuity and teenage egnancies. It's true that the rate of olescent pregnancies in the United ates, currently stable, remains the ghest in the Western world. But a ore likely culprit is *lack* of the Pill and information about contraceptives. vo years ago, the Alan Guttmacher stitute, the reproductive-health rearch organization in New York, und that U.S. women, especially teeners, take the Pill less frequently than women of other nationalities. One ajor reason: In the last decade, state d federal cuts in social services have verely limited teens' access to birth ntrol and sex education. "We suffer m incredible ignorance about sexual atters in this country," says Louise rrer, M.D., vice-president of medical fairs for the Planned Parenthood Fedation of America.

he male factor

some ways, the Pill's very effectiveiss has been unfortunate; American edical researchers have made little bsequent effort to develop a male conaceptive. But researchers have gged on finding better birth-control ethods for women as well. Today, this ntraceptive gap is crucial, because e Pill cannot defend women against AIDS and sexually transmitted diseases that were no particular threat when it was invented. Says Susan C.M. Scrimshaw, Ph.D., professor of anthropology and public health at the University of California at Los Angeles, "In some cultures where AIDS is raging, women find it next to impossible to enlist their partners in using barrier methods." She calls on the drug industry to develop an antiviral spermicide that women could use without their partners' permission. "In a way," she adds, "it's appalling that after thirty years, the Pill is the best we have."

For all its shortcomings, however, the Pill brought the average American woman a degree of freedom that had previously been unimaginable. Given that freedom, women began to look more thoughtfully at sex, work, marriage, motherhood—and themselves. Even the Pill's considerable drawbacks prompted a new assertiveness: Women are now more willing to question their doctors and their drug companies. As a method of contraception, the Pill may be antiquated before the next century, but the power it conferred on women remains considerable, and its legacy enduring. ■

Ann Marie Cunningham is a free-lance writer based in New York.



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CANDID CANDICE

continued from page 130

the set because I always had a sense of how famous my father was. He was always recognized every place we went, and I had a very bogus sense of self-importance because of that. It really made me a pain in the neck. And I don't want her to feel that.

But doesn't your daughter know that you are an actress?

Chloe does see tapes of me on *Murphy Brown*, but she thinks they're just tapes of me at work, like the tapes of us in Disneyland or in the country. It's just that for some reason people there call me "Murphy." I've never explained acting to her because it just seems like she's a little young to understand it. I'm not even sure it's possible to explain that in a logical way to a grown-up, much less a child. If people recognize me when we're out, I make very little of it, so she takes almost no notice of it.

On blooming late

You've been an actress, model, author and photojournalist; why so many careers?

I'm from a generation of women who went to college to get married. I didn't want to get married early, so I just kind of fooled around at things until I got a little more serious-minded. I didn't have the perseverance or the discipline to really be a photojournalist. But whenever I had a camera and I was off someplace photographing people, I was never happier. I just didn't have the faith in my ability. I loved finding out about other people and shifting the focus off myself. Now what I like doing best is comedy. It's the part of acting I really love.

Women in television

You've been doing *Murphy Brown* now for two years. Is Murphy getting more like Candice, or is it the other way around?

Getting to play Murphy is a great release for me, a way to reach those parts of myself that I get to express less and less as I grow older. It's just great to take down all the armor. She's actually been a good influence on me—her certainty and her opinions and her fearlessness and her total indifference to what people think of her. She's very much a woman that I respect.

I think that Murphy gives a very positive image for women—she has real flaws.

I don't think women should embrace her as a role model wholeheartedly. There's a real down side to Murphy's choices. She is a victim of her success, in a way. She deals with it very deftly now, but I wonder how well she's goi to deal with it in the nineties. I thi for a woman, growing old productive and positively is a huge challenge.

In my business, in television, they alwa ask, "Can you grow old on television?" A I used to joke and say, "Well, the answer we can; they've told us we can grow old long as we don't *look* old."

Well, I'm not so sure the guys have deal. They are all fighting it, too, a though certainly not as much as wor en. They're relentless on women. O thing I love about Murphy is that she a reporter who has put in her tim You know that she will come back wi the story.

How does Corky, Murphy's fluffy sidekick *F.Y.I.*, fare on this scale?

We did an episode last year whe Murphy is asked to take over a mor ing show and Corky [Faith Ford] brought in as her co-anchor, and Mu phy is furious. Corky is a woman of t fifties—she dresses like Miss Americ So Corky walks away with the sho because she knows how to do all t cooking and gardening, and Murph bungles everything. Murphy an Corky are now not adversaries; the have a certain respect for each oth and they enjoy each other. I think a l of that is that I enjoy Faith so muc too. I can hardly disguise it.

Do you think Murphy will eventually threatened by Corky, or even supplanted her, the way Jane Pauley was uprooted Deborah Norville in real life?

You know, that morning show was a most a foreshadowing of the Jane an Deborah stuff to come. I'd love to g into the idea of Murphy starting to ag in a way that's unacceptable next t Corky or someone else. I think there a very scary side to that. And a ver lonely side to that.

What about the other images of women prime time right now?

I don't have a lot of time to watc them. I used to watch *Designing Wom en* before *Murphy Brown* happene And I always thought how talente those women were. I used to look a them very wistfully and think, I won der if I would ever have a chance to d that and if I could be as good? The were sort of an inspiration for me.

You've done so much. Is there anythin left that you would still like to do?

I'm so grateful I get to do *Murph Brown*, because I never thought I have a chance to do this kind of come dy—much less on a regular basis. I'm very lucky that I met the man I di and that we can weather the absence and the work flow. And I have a grea little girl . . . Frankly, I don't want t tempt fate by asking for more.

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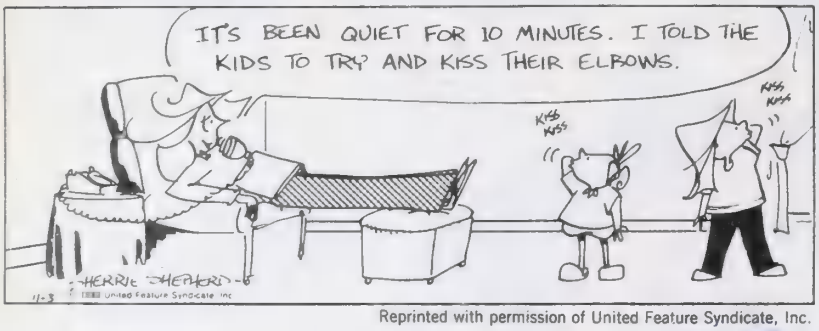
Howie Mandel became a familiar face as the flip Dr. Wayne Fiscus on "St. Elsewhere." This fall, his new half-hour comedy show, "Howie & Rose," makes its debut on ABC. We asked the thirty-three-year-old comic about being a dad.

Q. You and your wife, Terry, have two children—Jackie, five, and Alex, eight months. Do your kids laugh at your jokes?
A. No, because they grew up with them. They know it's my job to stand in front of a few thousand strangers with a rubber glove on my head. They think that's pretty normal. So at school, when they find out that somebody else's dad sells cars, they think *that's* pretty weird.

Q. Did you learn anything from your own father that has helped you become a better parent?
A. Yes. Where to get the best deal on boxer shorts. That's part of being a good dad, I think.

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OUT OF THE MOUTHS OF BABES

When my seven-year-old niece asked to have some candy before going to sleep, her mother told her it was bad to go to bed on a full stomach. "Don't worry," Melissa said. "I'll sleep on my side!" —Sherry Brown, Lansing, MI

My four-year-old daughter asked the salesperson at the department-store watch counter if she had any whack. "Whack?" the woman repeated. My daughter shrugged and said, "I don't know what it is either, but my grandpa said his watch is out of it, so I'd like to get him some more."
—Sandy Butler, Westminster, CO

While reading *Hansel and Gretel* to my three-and-a-half-year-old son, I was worried he might be frightened by the witch in the gingerbread house. When I asked him if he had any questions about the witch trying to put the kids in the oven, he turned to me and said, "Where's her microwave?"
—Patricia Murphy, Pelham, NY

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